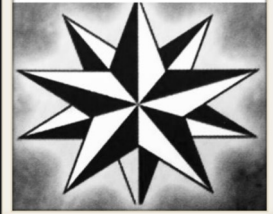


CAREGIVER NEWS



# CAREGIVER NEWS

Newsletter Published by Rosa's Chante Assisted Living

August 2023

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



## Welcome to August!

Hi all and welcome to August. As we all have felt it is very hot this summer with not a lot of relief! So, what does this mean for us caregivers? We have to be very aware that those in our care stay cool and hydrated. Here at Rosa's we have a couple of iced down drink dispensers filled with lemonade and punch to encourage our residents to drink and of course the a/c is running hard. The rabbits seem to be doing fine and the residents continue to enjoy watching them through the windows. We do look forward to when it cools off and everyone can enjoy being outside sitting and walking again.

In this issue you'll find that we are focusing on Alzheimer's and Dementia again. This is a topic that can always be helpful to caregivers as memory care is a big part of our aging population.

As always, we appreciate our readers, writers and advertisers very much and if you would like to become part of newsletter, as an advertiser or writer, please contact me or Leslie to discuss what you would like.

*Anthony Diaz*



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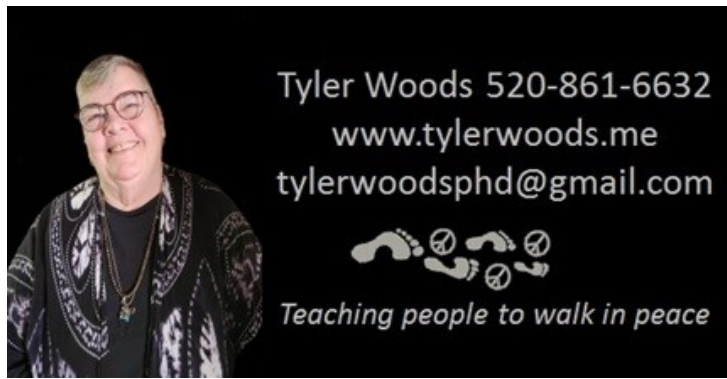
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**To Register:**

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## 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.



## The Stages of Dementia and Recognizing Them in a Loved One—By Tyler Woods

I often take care of my mother during the summer so my sister and her husband can travel and have a break. I have been working with dementia on and off throughout my life but what happens when you begin to see more than just the early stages of dementia with a family member? How do you deal with the emotions of anger, frustration, denial, and heartbreak of dementia? What happens when you see that the dementia is not in early stages anymore?

Brace yourself, it is a hard pill to swallow. First the hardest part is you see their mind is being robbed and second, they will never admit it. They will insist their memory is great and you are the one that has some sort of memory impairment. Before you get upset and allow your mind to wander, it is important to take note of what the stages of dementia are.

It can be helpful to think that there are three major stages of dementia and within these three stages are secondary stages. First, the three major stages of dementia are stage 1 dementia which is secondary level 1 through 3 and it is hard to believe however, there are not any major changes, and the person seems to have normal mental functioning without any cognitive decline. People in the first dementia stage really do not exhibit enough symptoms to get properly diagnosed. You may notice little minor things like they get lost for words, and a little forgetful, but nothing major. What it important to know is that changes in the brain are still taking place and you will notice some minor changes.

The middle stage of dementia you'll see secondary stages 4 and 5. Your loved one starts having minor memory loss, difficulty finding the right words and verbal repetition. They have challenges with concentration and trouble with complex tasks and problem-solving. They begin to experience emotional moodiness, they have a lack of responsiveness, and it gets worse as time goes on, they experience reduced intellectual sharpness, and they have problems with simple routine tasks and may start needing more help.

The third stage is considered the late stages of dementia and it is the most difficult stage for both the person caregiving as well as the person with dementia. The person with dementia has severe symptoms such as the inability to speak or make sense of speech, severe memory loss, confusion, despair, the lack of physical coordination, the inability to move without help and finally, impaired bodily functions. They require assistance with most things they do.

There's no real way to know how long it will take for a loved one to progress through all the stages of dementia. Dementia gets worse with time and truth be told, as a daughter who is watching her mother enter stage two of dementia about secondary stage 4 or 5, it is not an easy task. You tend to go into denial and blame it on age and behavior. It is easy to say my mother has always been difficult rather than admitting your mother has advanced dementia.

Coming to accept a loved one's dementia diagnosis is not easy at all. No matter how prepared you think you are. It is important to understand what to expect. This alone can make you feel empowered. I really felt my mother's dementia was her typical behavior pattern only in old age, till I spent some time with her and saw how declined she really is. What I thought was behaviors was really level two dementia.

Remember that caregivers have a variety of ways to provide support to a loved one through the progression of dementia. Knowledge is the biggest part of the battle. Understanding the symptoms help us understand the changes. By the time our loved one dies of dementia they might not even recognize you. So, what can you do?

- \* Learn to notice the warning signs of frustration like shortness of breath, headache, overeating, or increased alcohol consumption.
- \* Notice negative thoughts when you are frustrated you might be more prone to taking things personally or ignoring the positives in a situation and overgeneralizing.
- \* Take steps to calm down physically and I mean take steps. Go for a walk, get on a stationary bike or treadmill, take a bath, or listen to music or even dance.
- \* Finally, meditation has been known to help vets with PTSD, and it can certainly help you with frustration. YouTube has great guided meditations if you do not know how to meditate.

No matter what, get support and help because you will need it! It is not easy and support it vital!

### Dementia Stages

Stage 1 Early

Stage 2 Middle

Stage 3 Late

### Secondary Stages

Stage 1: No cognitive impairment

Stage 2: Very mild cognitive decline

Stage 3: Mild cognitive decline

Stage 4: Moderate cognitive decline

Stage 5: Moderately cognitive decline

Stage 6: Severe cognitive decline

Stage 7: Very severe cognitive decline



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## Memories of My Step-Father and Early On-set Alzheimer's—By Leslie Ford



My stepfather Alan Block was an interesting fellow. He was incredibly charismatic. He could tell a great story. He approached everything with passion, love, anger, friendship, teaching, writing, running, playing ball, and whatever he did it was with his full attention and self.

During his first year of teaching college, he developed a summer program where he took a class of students for six weeks in The Netherlands to study how crime is different in Europe from the United States. He would take that program from his first teaching post at Alfred University, to his last teaching post at Penn State.

He wrote many books about organized crime etc, and his research was thorough, extensive and very informative. His second wife was able to get most of his work housed at Rutgers University after he died.

Yes, he passed on a number of years ago. He was yet another victim of that thief of a disease, early onset Alzheimer's. Like many others, when was it noticed that there was something going odd? Who knows for his second wife, I don't have that information. But I noticed that during the time my mom was ill and getting ready to die that he was having a very difficult time processing that information. Then, when he came to visit soon after my mother's death, I noticed that something was very wrong.

He was confused about how to get to my house from the airport although he had been to the house many times. So, I told him to wait for me and I would show him the way...Well he did not wait...Then I spent the next three or four hours trying to track down where he may have gone! I was all over the southeast side of Tucson trying to figure out his movement until finally a Circle K clerk called me and told me he was there. He had charmed the Circle K clerk, but she could tell that he was confused. He was at Valencia and Kolb—way far away from anywhere he was supposed to be.

When I got there, he was very, very confused and kept hugging a notebook his second wife had sent with him with his instructions for everything. At first, I was mildly curious why he was so focused on that notebook, and it became apparent that he needed that connection to his second wife to keep him focused. He went on to refer to that book throughout his visit.

There were many other signs and symptoms that I noticed during his visit. I was just a little surprised that he was showing these signs because he was only in his early to mid-sixties. I had dealt and helped with other people that were older than him with this disease, but I now had to learn about what early onset Alzheimer's was.

What was difficult for me during his journey with Alzheimer's was that here was a super intelligent, very active brain, I mean the man could speed read five or six books at once and garner and gather all the information he needed from those books and then whoosh it was quickly slipping away. Granted he was a happy Alzheimer's guy, and because he had always been very physically active, he continued to run and later walk avidly, so at least he had that still.

I do give kudos to his second wife who chose to keep him with her for the duration of his life with Alzheimer's. She provided a structured loving environment that he could continue to live knowing that he was loved and cared for. I am very grateful to her for that although she did make it difficult for any of us children that he helped raise to participate in this journey with him. However, that's another story.

Dementia and Alzheimer's are often very difficult for loved ones to acknowledge and accept, but we must educate ourselves on what these diseases are and how we can help our loved ones negotiate their confusing paths. We must also learn and decide what our strengths and limitations are concerning our loved ones' care. It is vital for our loved ones to be honest with ourselves about whether we are equipped to care for them or whether we must find caring, experienced caregivers to either take care of our loved one at home or place our loved one in a specialized memory care residential facility or home. Most of all, we must remember to continue to care about and love the person changing in front of us whether they remember us or not.



# SOUTHERN ARIZONA SENIOR PRIDE



## Community Cares Program-Tucson

Community Cares Program-Tucson provides visits (by phone and in-home) to LGBTQJ+ 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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THE UNIVERSITY OF ARIZONA

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Participants will be compensated up to \$100 for participating.

Interested in participating?



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### WHAT DOES THE STUDY INVOLVE?

Our study aims to investigate how **cognitive behavioral therapy for insomnia (CBTi)** improves sleep, cognition, mental and physical health, and aging in middle-aged adults.

#### Study visit(s) include:

- Online questionnaires
- Virtual clinical interview
- Cognitive functioning evaluation
- Closed Functional Magnetic Resonance Imaging (fMRI)
- 24-hour temperature assessment
- In-home Overnight Sleep Study
- In-lab blood draw

#### Treatment includes:

6 to 12 weekly sessions of CBTi with a trained clinician at no cost to you.

#### What is CBTi?

CBTi is the first-line, state of the science, recommended treatment for chronic insomnia. CBTi focuses on addressing thoughts and behaviors that maintain and worsen insomnia.

For more information, visit our website at [insomnia.arizona.edu](http://insomnia.arizona.edu) or contact us at [insomnia@email.arizona.edu](mailto:insomnia@email.arizona.edu).

An Institutional Review Board responsible for human subject's research at The University of Arizona reviewed this project and found it to be acceptable, according to all applicable regulations and policies designed to protect the rights and welfare of participants in research.

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# HEAT-RELATED ILLNESSES

## WHAT TO LOOK FOR

## WHAT TO DO

### HEAT STROKE

- High body temperature (103°F or higher)
  - Hot, red, dry, or damp skin
  - Fast, strong pulse
  - Headache
  - Dizziness
  - Nausea
  - Confusion
  - Losing consciousness (passing out)
- Call 911 right away—heat stroke is a medical emergency
  - Move the person to a cooler place
  - Help lower the person's temperature with cool cloths or a cool bath
  - Do not give the person anything to drink

### HEAT EXHAUSTION

- Heavy sweating
  - Cold, pale, and clammy skin
  - Fast, weak pulse
  - Nausea or vomiting
  - Muscle cramps
  - Tiredness or weakness
  - Dizziness
  - Headache
  - Fainting (passing out)
- Move to a cool place
  - Loosen your clothes
  - Put cool, wet cloths on your body or take a cool bath
  - Sip water
- Get medical help right away if:**
- You are throwing up
  - Your symptoms get worse
  - Your symptoms last longer than 1 hour

### HEAT CRAMPS

- Heavy sweating during intense exercise
  - Muscle pain or spasms
- Stop physical activity and move to a cool place
  - Drink water or a sports drink
  - Wait for cramps to go away before you do any more physical activity
- Get medical help right away if:**
- Cramps last longer than 1 hour
  - You're on a low-sodium diet
  - You have heart problems

### SUNBURN

- Painful, red, and warm skin
  - Blisters on the skin
- Stay out of the sun until your sunburn heals
  - Put cool cloths on sunburned areas or take a cool bath
  - Put moisturizing lotion on sunburned areas
  - Do not break blisters

### HEAT RASH

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)
- Stay in a cool, dry place
  - Keep the rash dry
  - Use powder (like baby powder) to soothe the rash





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# Humor Corner



# Recipe Corner

## 3-Ingredient Chili-glazed Salmon

### Ingredients

for 3 servings

4 oz salmon, 3 fillets

½ cup chili sauce

¼ cup fresh scallions, chopped

### Preparation

Preheat oven to 400°F (200°C).

In a bowl, mix together the salmon, chili sauce, and the scallions.

Place the fillets on a baking tray lined with parchment paper.

Spoon any leftover sauce on top of the salmon.

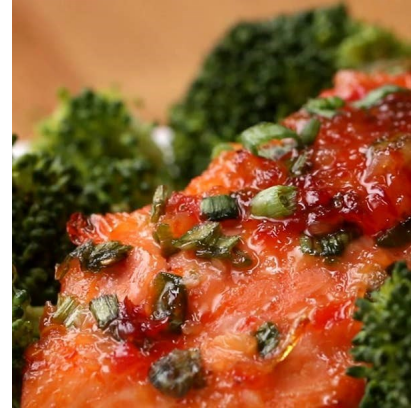
Bake for 12-15 minutes, until the salmon is cooked but still tender.

## Strawberry Lemonade Slush

**Ingredients:** Strawberries, Lemonade, Ice

**How to prepare:** Simply blend together fresh or frozen strawberries, lemon juice, ice, and a touch of sweetener if desired. The result is a frosty and flavorful slush that's perfect for beating the heat.

Source: <https://mediafeed.org/these-3-ingredient-summer-recipes-are-simple-refreshing/>



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7:40 am - 5K

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Tucson Indian Center

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When the the time comes that your elder loved one, friend or family member, can no longer live alone, regardless of their specific needs, you can count on Rosa's Chante to provide the services you need. Led by Anthony Diaz, renown by his professionalism, care and compassion, you can be assured that your loved one will receive only the finest and most comprehensive services available.

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