



CAREGIVER NEWS

Newsletter Published by Rosa's Chante Assisted Living

July 2023



www.caregivernewstucson.com



Welcome to July!

Hello everyone and welcome to July! We all know July, along with the 4th of July, is about the start of the monsoons in Tucson. Traditionally, the 4th of July would be the first big monsoon storm that would kick off our yearly rainy season. These days the weather people have designated a specific date that the monsoons start, and the storms themselves are no longer as predictable as an annual rain on our fireworks.

In July we all think about hot dogs and hamburgers, ice cream cones and other ways to cool off during our sweltering summers.

I know here at Rosa's we are always searching for those fun ideas and ways to keep our residents cool and comfortable.

As we all know it is so very important to find engaging ways to keep those under our care active, entertained and of course comfortable. And you will find a couple of informative articles in this issue of The Caregiver News that highlight ways to keep our elderly and ill comfortable as they continue on their journey through their end of life.

Thank you all for your continued support of our little newsletter. If you have an interest in advertising with us or writing for us, please contact myself or Leslie Ford.

Anthony Diaz

4th of July
RED, WHITE & BLUE SPECTACULAR

Food ★ Music ★ Fireworks

7- 10 P.M. ARCHER POOL, 1665 S. LA CHOLLA BLVD.

CITY OF TUCSON
 PARKS & RECREATION

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
520-237-4055

Jan N Olivia's Unique Events Presents
CHRISTMAS IN JULY CRAFT FEST

JULY 28TH 11AM - 4PM
 JULY 29TH 9AM - 3PM

Vendors/Food/Raffles/Crafting
Free Admission

4648 E SPEEDWAY BLVD, TUCSON, ARIZONA

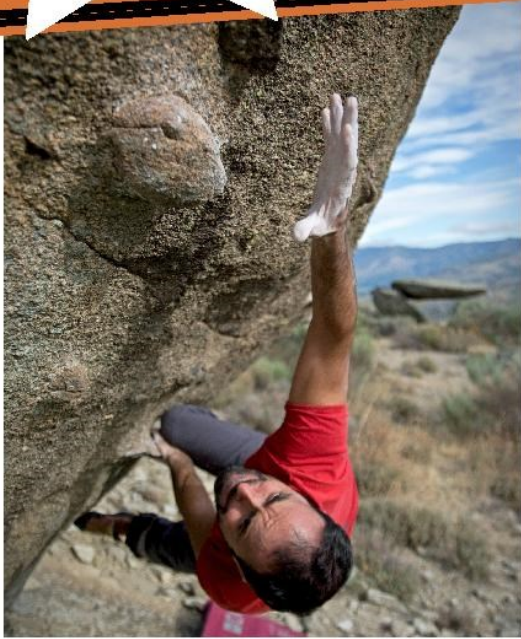
WEDNESDAY
JULY 19, 2023
NOON - 1:00 P.M.

Harmony
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PRESENTS

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Palliative Care Versus Hospice Care —

By Tyler Woods

I wish that more people understood what hospice and palliative care is. It is difficult to watch a loved one suffer because they simply did not understand what these two are about. Today, for the sake of the people who died suffering because of the lack of understanding I want to explain and give a better understanding so you can make a good choice.

First, please know and understand that hospice is comfort care without curative intent and the patient no longer has curative options or has chosen not to pursue treatment because the side effects outweigh the benefits. Palliative care is comfort care with or without curative intent.

Palliative Care

The primary focus of palliative care is relieving the symptoms of a patient's condition while they receive active treatment. Palliative care is available for all kinds of patients suffering a life-limiting illness, regardless of age, condition, or stage of illness. While palliative care can be offered in the home, palliative care is commonly offered as a part of a comprehensive care program, alongside medical care, in an extended healthcare facility or nursing home.

Hospice

Hospice care is primarily for patients who have less than six months left to live and is tailored to assist them in managing their pain and discomfort, while helping their family transition and prepare for their loved one's end-of-life. In addition to managing a patient's symptoms, hospice care may assist a patient and their caregivers with other necessary activities, such as bathing and dressing, or meal prep. Once registered by their primary care physician, hospice care is usually administered wherever the patient calls home, while supervised by a team of hospice care experts.

Keep in mind that there are no time restrictions on palliative care. Palliative care is for all patients, at any time or stage of their illness, regardless of whether it is terminal or not. Hospice care, in contrast, is reserved for ill patients who have 6 months or less to live, assuming their disease takes its normal course. In fact, Medicare and Medicaid typically require a referral from a patient's primary physician to confirm that treatment is no longer a viable option for the patient to begin to receive the benefits of hospice care.

Both offer the best possible quality of life when you have a serious illness: That's the core goal of both palliative care and hospice. Please when making a decision make sure you understand that palliative care and hospice are really not about death rather comfort.



July 8, 2023
5:30-7:30PM

ART after DARK
children's museum tucson

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EACH CARE KIT CONTAINS THE FOLLOWING:

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- Disposable mask
- Digital thermometer
- Hand sanitizer



Stars and Stripes
Tombstone Car Show
July 1st, 2023

Celebrate Freedom with the
TOMBSTONE CAR CLUB!

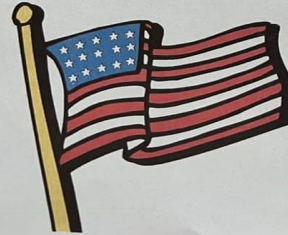
SATURDAY, 10AM - 2PM

6TH & ALLEN ST.

Open registration: \$10 when you arrive



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SahuaritaParksandRec.org

TUCSON TRADES

JULY 29
6:00PM-10:00pm
260 S. CHURCH

INDOOR VENDOR MARKET

Join us on July 29th 6:00pm-10pm for an exciting shopping extravaganza! Explore 100 local vendors offering unique products and services. Discover handcrafted items, fashion trends, artisanal food, and more in one convenient location. Immerse yourself in a vibrant atmosphere, connecting with passionate vendors and local talent.

Find high-quality, one-of-a-kind items, and support your community while shopping sustainably. Mark your calendars and prepare for a dazzling shopping experience. Don't miss this opportunity to connect, support local businesses, and find something special. See you there!





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Celebrating the 4th of July—By Leslie Ford

The 4th of July 1976, this country's bicentennial, I was living in a village named Alfred nestled in the foothills of the Allegheny Mountains in the Southern tier of western New York. The surrounding area was dotted with other villages and towns as well as a lot of farming, and in particular dairy farming. That region is known for its dairy farms and there is nothing like ice cream made fresh. Alfred is a village because truly it is smaller than a town, just a little blip on a map, and in the summers, when the two colleges Alfred University and Alfred State College were out of session, we would make jokes about being able to take naps in the middle of Main St.

I first moved to Alfred as a young teenager from Los Angeles California in the early 70s. What a shock for me! I was a streetwise city kid coming off of all the turmoil that a BIG city can create—I still checked under my bed for Charles Manson and BOOM here I was in this little boondock village surrounded by farms. I met a couple of kids the day we were to move into our house who were babysitting the kid that still lived there, and these two sisters were to become my lifelong friends—I got lucky.

Our school was a “central” school, meaning kids from several villages and towns were bussed to this school. We were kind of sorted into “townies” and “locals,” and although there was certainly this distinction, we all did form friendships across the lines. There were no turf wars or other puffing up of our chests over what and where we came from.

One of the first events I remember that happened in that little village was we had an ice cream social in the town square. Now, as a big city kid the concept of a public social event was truly foreign to me, so simple, so easy. And there would be many other days and events that would be celebrated by all and often sponsored or at least highlighted by the local volunteer fire department.

My friend's dad was the chief of this fire department for as long as I can remember, and this brings me to The Bicentennial. I was 17 and was thinking I was way too cool to hang out and participate in community events. But we all decided to go over to another town, Andover, where the fire departments of all the area's towns and villages were having a massive Bicentennial 4th of July celebration. This was an all-day event! There were rides, crafts, carnival booths, hot dogs and hamburgers, spray downs by the fire trucks all followed by a magical evening of fireworks. How incredibly simple and fun this was. Farmers, townies, and anyone else were all welcome and all enjoyed the celebration of the possibility that we as a people can all get along together and thrive.

When I think of simpler times, I think of my time in Alfred. Yes, it was the 70s and yes, I think a lot of us can agree that things did seem simpler although there were certainly bigger issues going on as there are now, but we had hope and hope can help make room to find ways to mend and build all kinds of positive relationships despite what may seem to be insurmountable odds.



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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Referrals Encouraged.
<https://soazseniorpride.org/>

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Beat the Heat and Stay Safe!

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HOMELESSNESS INTERVENTION & PREVENTION (HIP) DROP-IN AT THE RESOURCE CENTER

The HIP Drop-In is a climate-controlled space to relax and rehydrate. You'll find bathrooms, computers, wash stations and other resources.

702 S. 6th Ave.

Open Monday, Wednesday, Thursday and Friday from 9 a.m. - 12:30 p.m.

CASA PALOMA WOMEN'S DROP-IN CENTER

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*Please call for the location (520) 882-0820

Open Monday - Friday from 8 a.m. - 12 p.m. and Saturday from 9 a.m. - Noon.

For more information, call (520) 623 5111 or visit our website www.primavera.org/



Upcoming Events

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AND COMMUNITY SERVICES

STARS & STRIPES

JULY 4, 2023



LAKESIDE
LIVE

AUGUST 11, 2023



BARK
& RAMA

SEPTEMBER 13, 2023



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FREE drive-thru
Microchip Clinic for Dogs!



Helping lost pets & their
owners reunite faster

Saturday, July 1st
&
Sunday, July 2nd
8am - Noon

Kino Sports Complex
2500 E. Ajo Way

Oro Valley
POLICE

Dispose-A-Med Oro Valley

July 29 2023
9:00am-12:00pm

OVPD Main Station
11000 N. La Canada Dr.

Bring your unused or expired prescription and over the counter medication pills and capsules and we will properly dispose of them for you.

These include veterinary medications and vitamins.

Please keep all medications in the original containers.

It is completely anonymous.

**Please do NOT bring batteries or household hazardous waste. **

We DO NOT accept
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liquids, creams,
inhalation aerosol
containers, syringes
or epi-pens





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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?

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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

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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
520.324.2438 • tmcaz.com/hospice**

TMC HEALTH | YOU FIRST



Understanding Your Hospice Benefit

The Medicare Hospice Benefit was established in 1983. It was established to provide access to high-quality end-of-life care. The hospice benefit is a patient centered philosophy of care that includes a team of professionals to provide compassionate and expert medical care, pain management, emotional and spiritual support tailored to the patient's wishes. (NHPCO, 2023).

Hospice care is for a person who has a life-threatening disease with a prognosis of six months or less if the disease runs its normal course. There are cases where patients are on hospice longer than six months, and cases where a patient improves and is discharged from hospice. This of course depends on the disease and the course it runs. Emphasis of treatment is on symptom control and comfort care rather than curative therapy. Patients may continue to qualify for hospice even after six months of service if physical decline is still evident.

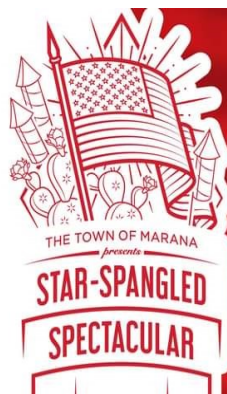
One question many patients and family members have, do I have to stop taking all of my medications? When admitted to hospice care, medication and treatments to cure your disease will stop. However, you can still take medications to treat other conditions or symptoms, for example high blood pressure medications (National Institute on Aging, 2021). Patients admitted to hospice receive all care at home (wherever that might be) and no longer go to the hospital or doctor appointments to see their primary care or specialty physicians.

When to consider hospice care:

- Multiple admissions to the hospital in a short period of time
- Terminal illness
- Multiple emergency department visits
- Unexplained weight loss
- Trouble eating and swallowing
- Severe weakness, lethargy, spending most of the time in a chair or bed
- Shortness of breath while sitting, lying down, or following minimal exertion
- Multiple falls within a six-month period
- Recurrent infections, such as pneumonia or urinary tract infections
- Symptoms, including pain, have become problematic

Thinking about death is hard and uncomfortable. Hospice ensures patients and their loved ones are supported and prepared for end-of-life. Here are a few ways hospice helps:

- End-of-life wishes are fulfilled
- Better end-of-life care for dementia patients
- Family support and resources
- Veteran specific care
- Time to prepare



4TH OF JULY!

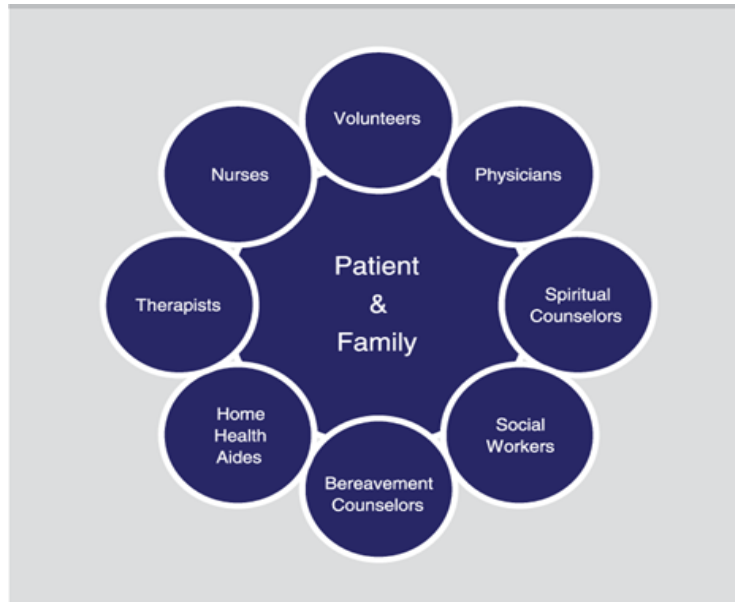
TUESDAY ★ 5:00 – 9:30 PM

Crossroads at Silverbell District Park
7548 North Silverbell Road

Services provided by the hospice team:

- Manages the patient's pain and other symptoms
- Assists the patient and family members with the emotional, psychosocial, and spiritual aspects of dying
- Provides medications and medical equipment
- Instructs and trains the family on how to care for the patient
- Provides grief support for family and friends
- Makes short-term inpatient care available when pain or symptoms become too difficult to manage at home, or the caregiver needs respite time
- Provides grief support and counseling to family and friends
- (NHPCO, 2023)

Audra Barney, Director of Marketing and Communications Harmony Hospice



(Hospice Care in America, 1990)



Sometimes families need a **LITTLE EXTRA HELP**.

Our **IN-HOME CAREGIVERS** are ready to provide a Helping Hand.



Personal Care
Transportation

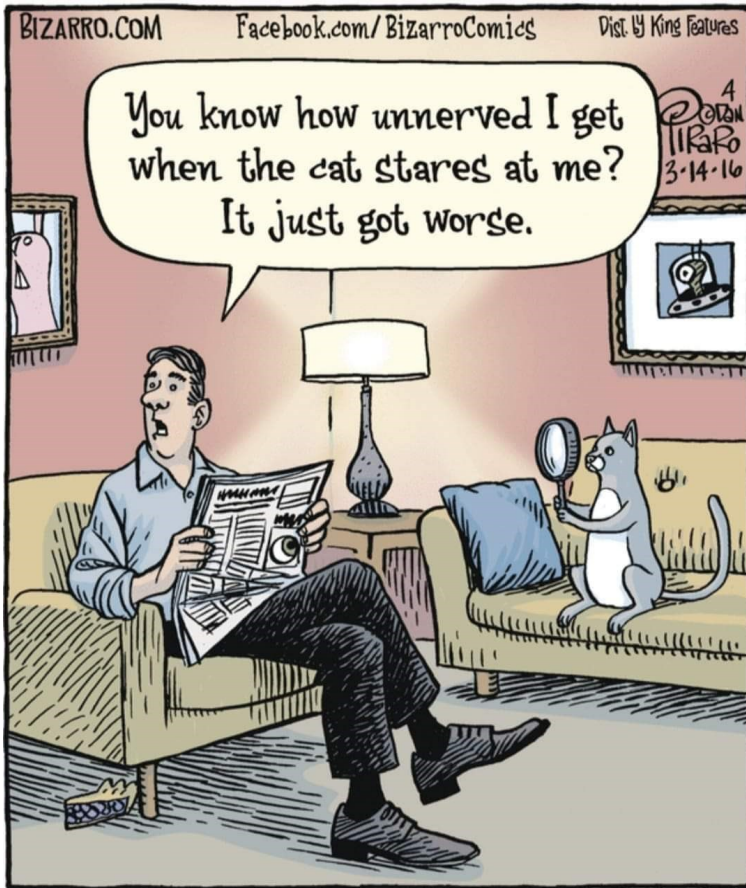
Meal Preparation
Housekeeping

Medication Reminders
Respite Care

CALL US TODAY! (520) 428-0143

Humor Corner

Recipe Corner



PHILADELPHIA 3-Step Cheesecake

Ingredients

- 2 pkg. (8 oz. each) PHILADELPHIA Cream Cheese, softened
- 1/2 cup sugar
- 1/2 tsp. vanilla
- 2 eggs
- 1 ready-to-use graham cracker crumb crust (6 oz.)

Directions

1. Heat oven to 325°F.
2. Beat cream cheese, sugar and vanilla with mixer until blended. Add eggs; beat just until blended.
3. Pour into crust.
4. Bake 40 min. or until center is almost set. Cool. Refrigerate 3 hours.

Source: <https://www.myfoodandfamily.com/recipe/051208/philadelphia-3-step-cheesecake>





Hospice Education &
Legal Partnership, Inc.

An Arizona NonProfit
Organization dedicated to
providing legal assistance
to people who are living
with a terminal illness
or HIV Positive



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We provide free and reduced fee legal
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For more information or to volunteer or donate

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HospiceLegalLine.org



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