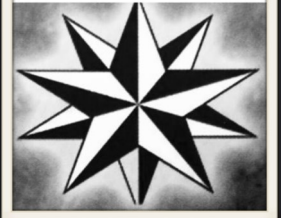


CAREGIVER NEWS



CAREGIVER NEWS

Newsletter Published by Rosa's Chante Assisted Living **September 2023**

www.caregivernewstucson.com



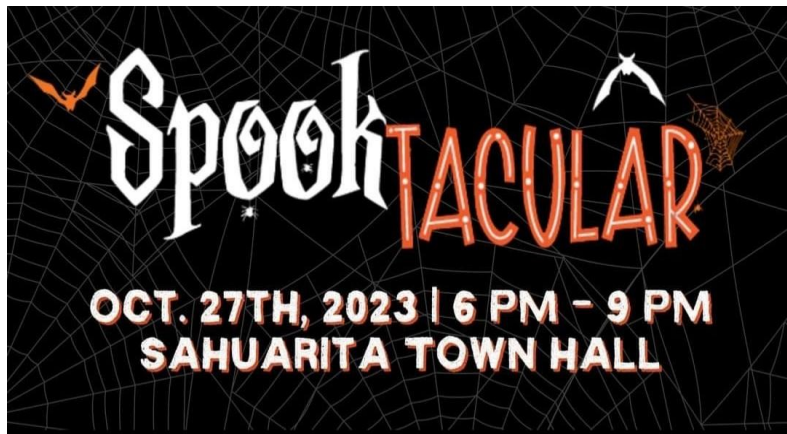
Welcome to September!

Hi, Anthony Diaz here and welcome to September! Is it my imagination or are you'll feeling it too that this year has simply flown by? We've got Labor Day coming up fast, and our children are back in school, and summer is officially coming to an end and we are even starting to see the beginnings of the holiday season appearing everywhere.

In this issue of Caregiver News, we are addressing a couple of interesting and important topics including a nod at National Assisted Living Week September 10-16, 2023, and a look into Capgras Syndrome which can affect people that suffer from Alzheimer's and Dementia.

So please enjoy our little Newsletter. And, as always, we welcome your input and participation whether by purchasing an ad or writing content. Please contact either me or Leslie Ford if you are interested in advertising or writing for us. Thank you!

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
520-237-4055

Anyone in need of an accommodation should contact the department at least two weeks in advance if possible. For more details email the Inclusion Coordinator at TPRD-Therapeutics@tucsonaz.gov or contact call 520-791-4504.



PRESENTS

Personal and Professional Ethics

Is there a difference between ethics and morals?

Do we behave differently if it's a personal or professional dilemma?

We'll be discussing the difference between personal and professional ethics as they relate to our roles as caregivers by learning the differences by learning about the five major ethical theories or systems.

Presenter: Director of Spiritual Care, Bereavement, and Education

This event is free and open to the public.

Thursday September 21st 12PM to 1PM

Hosted by our friends at



To Register

520-284-9334

abarney@harmonyhospice.org

<https://conta.cc/3Ovfx9v>

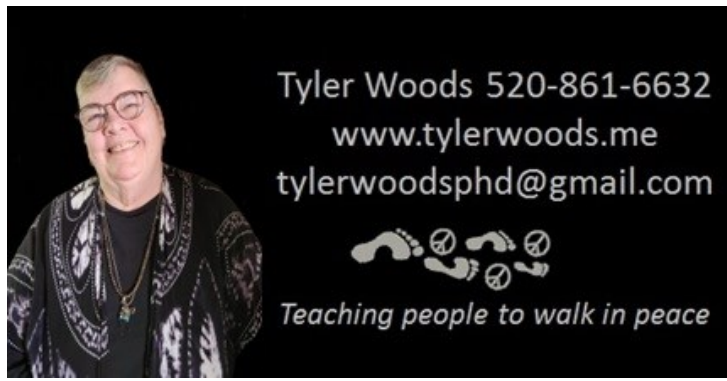


1171 E Rancho Vistoso Blvd.
Suite 155
Tucson, AZ 85755

**Light lunch will be provided



SCAN ME



What Is Capgras Syndrome?—By Tyler Woods

Having a loved one with dementia is difficult, however, imagine someone with dementia and a condition known as Capgras. Let me explain Capgras first. A person with Capgras syndrome irrationally believes that someone they know has been replaced by an imposter. In some cases, they may also believe pets or even inanimate objects are imposters.

It is a delusional disorder, and it falls under a class of mental conditions called delusional misidentification syndromes. It is not to be confused with Fregoli delusion, where you believe people around you are familiar even when they're strangers.

There are many underlying conditions besides dementia or Alzheimer's disease that may cause Capgras syndrome. Parkinson's, or people who used large amounts of recreational drugs or alcohol. Others have had health issues like low thyroid, another metabolic condition, or a nutrient deficiency, like being short on vitamin B12. Schizophrenia and epilepsy are also believed to be potential causes.

The bottom line is many people in caregiving seniors might not have ever heard of Capgras and therefore might just think it is a behavior rather than a condition. People with Capgras syndrome usually believe the supposed imposter has bad intentions. This can lead to aggression or violence, sometimes putting other people at risk. That is why it is important to recognize this condition.

Capgras is uncommon, however, 16% of people with Lewy body dementia or Alzheimer's have this condition. Capgras can be extremely stressful for a person with the syndrome. In addition, it can be unnerving for those around them. While dementia caregivers usually anticipate a loved one's forgetfulness and inability to remember close family members and friends, Capgras can be very painful and confusing when this syndrome causes a different kind of loss of recognition. Just remain patient.

Some people with Capgras syndrome may never achieve a full recovery. However, caregivers and family members can help reduce their loved one's symptoms, including anxiety and fear by simply talking to them to calm them down. Dementia and antipsychotic medications are used as a common intervention. It is a rare condition however I actually know someone with the condition and therefore, it hits home and it is a topic that we should all pay attention to especially if we are working with people prone to dementia and Alzheimer's.



YOU FIRST



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.

————— **A system of care that puts YOU FIRST.** —————



tmcaz.com



Abrams Public Health Center

3950 S. Country Club
Suite 100



	MON	TUE	WED	THU	FRI
Tuberculosis Clinic Appointment only! 520-724-8491	8 a.m. to 5 p.m.	8 a.m. to 5 p.m.	8 a.m. to 5 p.m.	8 a.m. to 5 p.m.	8 a.m. to 5 p.m.
WIC Program 520-724-7769	8 a.m. to 5 p.m.	8 a.m. to 5 p.m.	8 a.m. to 5 p.m.	8 a.m. to 5 p.m.	8 a.m. to 5 p.m.
Birth and Death Records Appointment required for corrections, court orders, and paternities. 520-724-7932	8 a.m. to 5 p.m.	8 a.m. to 5 p.m.	8 a.m. to 5 p.m.	8 a.m. to 5 p.m.	8 a.m. to 5 p.m.

How to use Narcan to reverse an opioid overdose

- 1 Call 911**
- 2 Remove device from packaging and place the tip in the nostril. Do not test spray beforehand!**
- 3 Press button firmly.**
- 4 Check breathing.**

! If you suspect someone is having an overdose: **Call 911 IMMEDIATELY!**

PIMA COUNTY HEALTH DEPARTMENT

- 5 If they are not breathing: Provide CPR, if trained.**

Follow 911 directions over the phone.

! If you suspect someone is having an overdose: **Call 911 IMMEDIATELY!**

PIMA COUNTY HEALTH DEPARTMENT

- 7 If the person doesn't respond in 2 minutes: return to step 2 and give a second dose.**

If the person still doesn't respond, give additional Narcan if available and continue providing CPR.

! If you suspect someone is having an overdose: **Call 911 IMMEDIATELY!**

PIMA COUNTY HEALTH DEPARTMENT

- 6 If they are breathing: Move the person to their left side in the recovery position.**

Head should be tilted back slightly to open airway.

Hand supporting head.

Knee stops body from rolling into stomach.

! If you suspect someone is having an overdose: **Call 911 IMMEDIATELY!**

PIMA COUNTY HEALTH DEPARTMENT



2890 E Skyline Dr. # 250
Tucson, AZ 85718

RESIDENTIAL BROKERAGE

Meg Sax, CRB, CRS
Associate Broker

Cell: (520) 891-6911
Office: (520) 577-7433
meg@megsax.com

Owned by a subsidiary of NRT LLC



Beth Fuller, BSW, CMC
Owner/Care Manager

520-305-4454
(no text)

Beth@TucsonLifeCare.com
www.TucsonLifeCare.com

TLC Coordination & Advocacy

Tucson, Green Valley, Marana, Oro Valley & Saddlebrooke

Ethical, Compassionate
Advocacy
Assessment
Consultation
Coordination of Care

3849 E. Broadway #266 Tucson, AZ 85716
Fax: 520-373-5143
www.tucsonlifecare.com



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



'Hospice Legal Line'

We provide free and reduced fee legal
care for those who qualify.

For more information or to volunteer or donate

Call (520) 355-3356

HospiceLegalLine@gmail.com

HospiceLegalLine.org

TUCSON SENIOR PLACEMENT

*A No Cost Referral and Placement
Service for Seniors and Their Families*

OPTIONS FOR:
INDEPENDENT OR
ASSISTED LIVING
MEMORY CARE
BEHAVIORAL HEALTH

ROBIN COATS, OWNER
520.373.0349



TUCSONSENIORPLACEMENT.COM



One of the things celebrated in September is National Assisted Living Week, September 10-16, 2023.

People are living longer than they used to and the world has changed a lot in the way older adults receive long-term care. Previously, families would take care of the older family members. Medicare and Medicaid did not start until 1965 and that changed nursing homes in the US. Many women did not work outside the home and many family members stayed in the same area. The concept of assisted living started in the 1970's, not that long ago.

Now most women work outside the home and families are spread all over the world. Nursing homes have changed and there are assisted living homes and communities in most cities. Not many people live in nursing homes anymore. Since families are busy and maybe not even nearby, retirement communities and assisted living options have grown tremendously. Older adults can continue to be active, even when they may need help with the activities of daily living, or supervision due to cognitive impairment.

There are many options for assisted living, so it is important to shop to make sure your specific wants and needs can be addressed. There is a different fit for everyone. Assisted living homes and communities are licensed by the department of health services in Arizona and there are licenses for different levels of care: supervisory, personal care, and directed care. The licensing level may affect who chooses to live in each setting. It is important to have peers with whom you can converse, appropriate activities, and safeguards to keep residents safe.

There are assisted living homes licensed for 10 or less, and larger communities or facilities that are licensed for more residents. Retirement communities may offer independent living, assisted living, memory care and some offer a skilled nursing facility.

Some assisted living places offer respite stays which offer a chance to see what it would be like to live there. Respite may be cost effective way to gain strength between rehabilitation and returning home.

Arizona Long Term Care System (ALTCS), the long-term arm of Arizona Health Care Cost Containment System (AHCCCS) which is Arizona's version of Medicaid, may cover most of the cost of assisted living for those who pass the medical and financial requirements.

Some people purchase long term care insurance that covers much of the cost of assisted living. Those policies have changed over time since people are living longer and insurance companies have had to pay out benefits for more years than was normal. It may be worth talking to a long-term care broker to discuss what your policy covers.

Placement specialists can assist you in finding an appropriate placement. *They are paid by the assisted living if you move in based on their referral, so it is important to check references of placement specialists if you use their services.*

National Assisted Living week would be a good time to tour assisted living communities just to see what they are like. They are one option for helping prevent isolation, keeping you active, and have the care that you might need.

Beth Fuller, BSW, CMC
TLC Coordination and Advocacy



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



520 - 351 - 2724

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

RONALD ZACK LAW, PLC



- ESTATE PLANNING
- WILLS & TRUSTS
- POWERS OF ATTORNEY
- GUARDIANSHIPS
- CONSERVATORSHIPS
- PROBATE LITIGATION
- ESTATE ADMINISTRATION
- TRUST ADMINISTRATION



520-999-3738

www.ronaldzacklaw.com



FOLLOW US

Gramma's HOME

Assisted Living with a Heart.

520-349-2248



All it takes is a little TLC
Our residents seem to wake up
and start living all over again.

Call Valerie Scott Plan a visit to Grama's Home

Stargirl Aesthetics

Victoria Alvarez

• Nail Artist • Lash Artist •

(520)965-3513

@stargirlaestheticss



ARAD DURAN

ELECTRICIAN

CALL OR TEXT TO SET
AN APPOINTMENT

+1 (520) 342-7278

aradrodriguez03@gmail.com

Oracle Assembly
Show-n-Shine
Car Show

Saturday September 16th 10-1
 Sign In 9-10



Show open to all antique, classic, vintage and custom
Cars, Trucks and Motorcycles

No cost to enter

Limited Space first come, first parked basis so come early to sign in
 Call Frank leave message for info 520-710-5723

Show location Oracle Assembly
1145 N. Robles Pl, Oracle AZ 85623
Just off American Avenue

Support Group

starts
 Aug. 24th



Hosted by



We invite family members and caregivers to participate in our support group to receive holistic resources, approaches, and skills to maintain your balance while caring for a loved one.

**every 4th
 thursday
 5:30 p.m.**

 **Tucson Place**
 at Ventana Canyon
 5660 N. Kolb Rd.
 Tucson, AZ 85750

RSVP by calling 520-732-2135

The Vail Preservation Society presents

Prickly Pear JAMBOREE

We are Vail! ¡Nosotros somos Vail!

Car Show

Date: Saturday - September 9, 2023
 13105 E Colossal Cave Rd
 Vail, AZ 85641



Between the Tracks

Time: 3:00 pm - 6:00 pm



- Car Entry Fee \$5.00
- Christmas Toy Drive
 - Donations Welcome
- 50/50 Raffle, Door Prizes and Music
 - Proceeds go to Section Gang Museum Club at Esmond Station K8

Any Questions Contact Bill 520-237-6180



 **October 7, 2023**
 10am-1pm

 **Historic 4th Avenue**
 324 N 4th Ave
 Tucson, AZ 85705

For Sponsorship Information
 Email: marketing@fourthavenue.org
 Phone: (520) 624-5004

FREE TO THE PUBLIC

Support children and their small businesses!

VENDORS ARE AGES 5-16



A FARMER'S MARKET RUN ENTIRELY BY KIDS!

REGISTER HERE!

childrensentrepreneurmarket.com



AT HOME MEDICAL CARE LLC

**At Home Medical Care
Michelle Rafferty ANP-BC
Makes House Calls
(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.



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. 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

Humor Corner



Hoarder collie

Recipe Corner

Baked Ravioli

Ingredients:

- refrigerated ravioli
- pasta sauce (whatever kind you love)
- basil
- mozzarella cheese



Directions:

Preheat oven to 400°F.

RAVIOLI. Cook ravioli as directed on the package. Drain and set aside.

SAUCE. In a medium/large pot, mix pasta sauce, and basil and cook on medium heat until heated through (about 4-6 minutes). Add cooked ravioli and mix well.

BAKE. Pour into a 9×13 pan. Top with cheese and bake for 12 minutes.

Source: <https://lilluna.com/cheesy-ravioli-bake/>

Shower Services in Tucson

Towels and toiletries available at all sites
Check with site for closure dates

Day	Location	Time	Notes and Other Services
Monday	Southside Presbyterian Church 317 W. 23 rd St.	7:30 – 8:30am	🚿🚿🚿
	Sister Jose Women's Center 1050 S. Park Ave.	9am – 12pm	🚿🚿🚿 <i>Services for women only</i>
	Salvation Army Hospitality House 1002 N. Main Ave.	12 – 5pm	🚿🚿🚿
	Caridad Community Kitchen 845 N. Main Ave.	1 – 4pm	🚿🚿🚿
Tuesday	St. Francis 601 Ft. Lowell Rd.	8am – 12pm	🚿
	Sister Jose Women's Center 1050 S. Park Ave.	9am – 12pm	🚿🚿🚿 <i>Services for women only</i>
	Salvation Army Hospitality House 1002 N. Main Ave.	1 – 5pm	🚿🚿🚿
Wednesday	Sister Jose Women's Center 1050 S. Park Ave.	9am – 12pm	🚿🚿🚿 <i>Services for women only</i>
	Salvation Army Hospitality House 1002 N. Main Ave.	12 – 5pm	🚿🚿🚿
	<i>Every other week</i> Primavera HIPP 702 S. 6 th Ave.	8am – 12pm	🚿
Thursday	Sister Jose Women's Center 1050 S. Park Ave.	9am – 12pm	🚿🚿🚿 <i>Services for women only</i>
	Salvation Army Hospitality House 1002 N. Main Ave.	12 – 5pm	🚿🚿🚿
	<i>Every other week</i> Casa Maria 352 E. 25 th St.	7am – 11am	🚿🚿🚿
Friday	Southside Presbyterian Church 317 W. 23 rd St.	7:30 – 8:30am	🚿🚿🚿
	Sister Jose Women's Center 1050 S. Park Ave.	9am – 12pm	🚿🚿🚿 <i>Services for women only</i>
	<i>Every other week</i> Goodwill Rec 1920 E. Silverlake Rd. #207	12 – 4pm	🚿
	Salvation Army Hospitality House 1002 N. Main Ave.	12 – 5pm	🚿🚿🚿
Saturday	Sister Jose Women's Center 1050 S. Park Ave.	9am – 12pm	🚿🚿🚿 <i>Services for women only</i>
	Salvation Army Hospitality House 1002 N. Main Ave.	12 – 5pm	🚿🚿🚿
Sunday	Salvation Army Hospitality House 1002 N. Main Ave.	12 – 5pm	🚿🚿🚿

👕	Clothing	🚿	Food
🧺	Laundry	🚗	Mobile Unit



OUT



AND ABOUT



WITH ANTHONY DIAZ



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

FRANK DE LA CRUZ-EL PUEBLO LIBRARY

FALL FAMILY STORYTIME

Join us Tuesday mornings for bilingual family storytime! This storytime is geared towards toddlers and preschoolers, but older and younger siblings are always welcome. Hear some stories, sing some songs, and do a small craft or coloring page. Everyone is welcome here! We can't wait to meet you. There is no registration required, but space is limited on a first come first serve basis.

10:00a.m. - 10:30a.m.

Tuesday, August 15th (Followed by Tucson Children's Museum Presentation at 10:30a.m.)

Tuesday, August 22nd Puppet Show Storytime

Tuesday, August 29th

Tuesday, September 5th

Tuesday, September 12th

Tuesday, September 19th

Tuesday, September 26th

Tuesday, October 3rd

Tuesday, October 10th

Tuesday, October 17th

Tuesday, October 24th

Tuesday, October 31st, Costume Parade At the Library!



Frank De La Cruz-El Pueblo
PIMA COUNTY PUBLIC LIBRARY

EL PUEBLO STORYTIME SCHEDULE CAN BE FOUND HERE:
[HTTPS://PIMA.BIBLIOCOMMONS.COM/V2/EVENTS?LOCATIONS=ELP](https://pima.bibliocommons.com/v2/events?locations=elp)



Pig Out Run

PIGGY POWER! WALK, RUN, & FUN

SEPTEMBER 4, 2023 • LABOR DAY

St. Philips Plaza
4280 N Campbell Avenue
Tucson, AZ 85718

RACE TIME:

7:30am - 10K

7:40 am - 5K

9:00 am - 1-Mile Piggy Parade



- 5K and 10K Timed Racing Events
- 1-Mile Piggy Parade for the Entire Family
- Fabulous Swag
- Festive Music
- Family Fun Activities
- Sponsor and Vendor Showcase
- Breakfast at the Finish Line
- Race Course and Finish Line Photos
- Winner's Circle Ceremony
- Over \$5,000 in Prizes and Giveaways
- Fundraise and Support Local Charities in Our Tucson Community

REGISTER TODAY: [RingingInHope.com](https://www.ringinginhope.com)



FREE Health Care Kits!

Available for Pickup Every Wednesday!

Pick one up at from **10 a.m. - 2 p.m.** at **Abrams Public Health Center**
3950 S. Country Club Rd.

EACH CARE KIT CONTAINS THE FOLLOWING:

- At-home COVID test
- Gloves
- Disposable mask
- Digital thermometer
- Hand sanitizer



5th Annual WALK FOR DOWN SYNDROME

Sunday, October 1, 2023



DJI Games!

Raffiel CakeWalk!

Exhibitors!

RON TURLEY PARK

1500 N. Hohokem Drive • Nogales, Arizona 85621



10 am - 2 pm
FREE! REGISTRATION REQUIRED

520.470.5833
marischolnick@yahoo.com



We Love Volunteers!

"When you are kind to others, it not only changes you, it changes the world."

JOGS TUCSON FALL GEM & JEWELRY SHOW

August 31st - September 3rd, 2023



TUCSON EXPO CENTER 3750 E. Irvington Road, Tucson, AZ



2022 Walk to End Alzheimer's - Tucson and Green Valley/Sahuarita, AZ

October 28, 2023

**We're walking in 2023 — and we
invite you to join us.**

Tucson

Time and Place

Registration 8:00am	Gene C. Reid Park
Ceremony 9:00am	900 S. Randolph Way
Walk 9:30am	Tucson, AZ 85716



#ENDALZ #Walk2EndAlz



For more information call or email:
Vanessa Santa Cruz 520.230.1754 vdacruz@alz.org
Also visit: https://act.alz.org/site/TR/Walk2023/AZ-DesertSouthwest?pg=entry&fr_id=16381



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.

Rosa's Chante Assisted Living is conveniently located in an established and desirable residential community in East Tucson. Friends and families are always welcome at Rosa's Chante, where our goal is to maintain a home atmosphere where our residents and their families can depend on us to support them safely and lovingly. We strive to maintain a pleasant, stress free environment where residents families and friends can feel at home.

Our facilities include:

- 5 bedrooms, 2 baths, including a walk-in shower
- Wide, tiled hallways easily accessible for wheelchairs and walkers
- Lovely covered patio, gardens, and special "Memory Garden"
- Furnished and unfurnished rooms
- Private and semi-private rooms
- Family-centered environment
- Secured facility



2631 S. Blackmoon Dr. Tucson AZ 85730
Telephone: 520-751-1998
www.rosaschanteassistedliving.com

Anthony Vaughn Diaz
Owner/Administrator/Advisor/Consultant