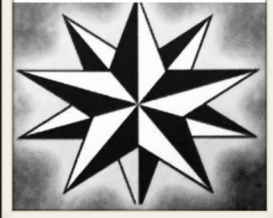


CAREGIVER NEWS



# CAREGIVER NEWS

Newsletter Published by Rosa's Chante Assisted Living

October 2023



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

## Welcome to October—Boooo

Hi all, Anthony Diaz here and welcome to October! We are all recognizing that the season is changing and Halloween will soon be here. And as you'll know Rosa's will be decked out in our most eerie décor.

Some other observances to be noted of course are things like the annual Walk to End Alzheimer's is happening here in Tucson on the 28th of October. You can find details in the back of this issue. Also, it is ADHD Awareness Month, Down Syndrome Awareness and Breast Cancer Awareness as well as October 8th being Depression Awareness Day, and World Hospice and Palliative Care Day.

With that all said, it is time to enjoy the cooling temps (when?), and the anticipation of the nearing holidays and of course the parade of children all dressed up in their costumes for Halloween. I do hope everyone enjoys their October and we are always thank our advertisers, writers and readers for your continued support, keeping this newsletter alive.

*Anthony Diaz*

**35<sup>TH</sup> ANNIVERSARY**  
**NAM JAM**

**6<sup>TH</sup> ANNIVERSARY**  
**NAM to SAND**

BRING A NEW UNWRAPPED TOY!  
MARINE CORPS RESERVE  
**TOYS FOR TOYS**

Tierra Antigua REALTY  
LINDHOLM  
ORR

WA106.org • NamJamTucson.org • wa106@live.com

OPEN TO THE PUBLIC • FREE CONCERT

Concert tribute to our Veterans  
from the past, present and future.

**OCTOBER 28, 2023**

**RILLITO DOWNS HORSE TRACK**  
(4502 N 1<sup>ST</sup> Avenue • Tucson AZ 85718)

10 AM TO 8:30 PM

FOOD TRUCKS  
MILITARY DISPLAYS • VETERAN RESOURCES  
COSTUME CONTEST • TRICK OR TREATING

VINYL GROOVES  
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1960s-1980s  
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www.vinylgrooves.com



## THIS HALLOWEEN

### Please Keep In Mind:

- The child who is grabbing more than one piece of candy, might have poor fine motor skills.
- The child who does not say "Trick or Treat" or "Thank You" might be nonverbal.
- The child who looks disappointed when they see your bowl might have an allergy.
- The child who isn't wearing a costume, might have Sensory Processing Disorder or Autism.
- The person who looks too old to be trick or treating, might be developmentally delayed.

**Please be accepting, patient, and kind.**



*Dr. Ali Griffith*

www.draligriffith.com

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

COME CELEBRATE WITH US!

**GRAND OPENING  
NEW LOCATION  
NEW NAME**

THURSDAY, OCTOBER 26,  
2023

3PM – 7PM

310 S. Willams Blvd, Suite 210  
Tucson, AZ 85711



**Harmony**  
COMMUNITY  
HEALTHCARE

Harmony Hospice is now Harmony Community Healthcare! Come out and visit our new community education room, dedicated in honor of Kristi Shaw.

Enjoy live music, food and drinks, raffle prizes, and visit with our community partners Roots & Roads, Senior Support Alliance, and St. Luke's Home.

Raffle ticket proceeds will go to the Alzheimer's Association.

**Live Music 5P-7P  
Blondie All Over**

**Food and Drinks  
3P-7P**

**Raffle Prizes  
Ribbon Cutting**



**St Luke's Home**  
CELEBRATING A CENTURY OF SERVICE



**Senior Support Alliance**



## Self-Care and Aging—By Tyler Woods

I think one of the truest statements in the world is as we age, we must take care of ourselves. We need to eat balanced meals. Good balanced meals with a variety of nutritious foods that will provide your body with the energy it needs to stay healthy. Make sure to include plenty of fruits, vegetables, complex carbohydrates, and lean proteins.

We need to get good rest because getting enough sleep each night helps us stay sharp and alert. Aim for at least 7-8 hours per night. Get good rest, have some sunshine, perhaps a little exercise or movement.

I will never be able to emphasize this enough. A very important part of aging is to stay mentally engaged to help stimulate the mind by learning something new or picking up fun activities of some sort. Keeping the mind active and engaged is essential for dignified aging. Looking through the paper, reading a book or using an audio book program. The Echo, or as some of us call it, Alexa, has free audio books that can be read, and listening can stimulate the mind. Having an Alexa can make a huge difference for aging with grace and help keep cognition working well.

Self-care is vital when we are aging. At Rosa's, our residents are encouraged to be aware of their physical and mental conditions and to let their caregivers know they still can care for themselves and equally, it is also important for residents to know that they should never feel they are a burden to their caregivers. Caregivers should remind their residents they appreciate it when they ask for help because that is all part of self-care and feeling they still can have some control in their life.

Aging gracefully means to age with family and friends. Encouraging family and friends to visit and call gives the resident an opportunity to still feel connected which makes them feel they still have some control and dignity in their lives. Speaking of control and dignity, as seniors experience the challenges of aging, the lack of privacy might make seniors feel like they can't maintain their dignity so be sure they have privacy when needed. Rosa's has a meditation garden outside around the corner of the house, and I see residents go over there for quiet, comfort and peace of mind.

Finally, caregivers should take care of their own self care and health. Caregivers have many important responsibilities during the course of a day. The role can be overwhelming between the physical and emotional things you have to do. There is a great deal of stress and even burn out. Fear not because when the caregiver is rested, healthy and at peace, it is much easier to care for the person or people you are caregiving. Make sure you are eating, sleeping, doing some activities, socializing and doing the things that make you happy when you get free time and be sure to have an outlet to talk to people so you can vent and get things off your chest.

Aging is more than wrinkles, age spots, skin tags, incontinence and forgetfulness. Aging takes a lifetime and most people age with more grace and dignity if they include a good dose of self-care throughout their lives. It's more than those first strands of gray hair, it is about self-care and even if the person is in some sort of facility, the staff and caregivers can help the aging do so with grace and dignity.

**Walk to Defeat ALS**

**Scottsdale**  
November 4, 2023 | Salt River Fields  
Check-in @ 8:00am  
Program begins @ 9:00am

**Tucson**  
October 21, 2023 | Tucson Speedway  
Check-in @ 8:00am  
Program begins @ 9:00am

**Register your team and start fundraising today!**



# 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](http://tmcaz.com)

**2nd Annual**

**TRUNK OR TREAT**

FRIDAY  
**OCTOBER 27**  
05:00PM - 08:30PM

ADDRESS: 8549 SOUTH J MAYOR DRIVE, TUCSON, AZ 85713

CANDY • TRUNK DECORATING CONTEST  
COSTUME CONTEST • HAUNTED HOUSE • MUSIC  
• FOOD VENDORS

FOR MORE INFORMATION CONTACT: SABVAN.TALKALAI@TONATION-NSN.GOV  
OR CALL 520-829-1115  
FOR VENDOR INFORMATION: EMAIL ASKRECREATION@TONATION-NSN.GOV  
*Don't forget to wear your costume!*

PERSONS ATTENDING AND PARTICIPATING IN THE TRUNK OR TREAT ASSUME ALL RISKS, INCLUDING BUT NOT LIMITED TO, ILLNESS, INJURY, DEATH, OR PROPERTY LOSS, AND AGREE NOT TO HOLD THE TOWN OF ORO VALLEY, ITS AGENTS, EVENT SPONSORS, AND VOLUNTEERS LIABLE.

**TRUNK -OR- TREAT**

October 28th: 4 - 6pm

Northwest YMCA/Pima County Community Center  
7770 North Shannon Rd.  
Tucson, AZ 85741

Register for a Trunk today!

New Spirit Lutheran Church

Music! **Trunk or Treat** Fun!  
Food! Games!

Saturday, October 28 5-7pm  
8701 E. Old Spanish Trail

FAMILY & PET FRIENDLY EVENT

**TRICK-OR-TREAT THE AVENUE**

OCTOBER 29

PRIZES FOR BEST COSTUME

HISTORIC FOURTH AVENUE

11AM - 2PM

COSTUME CONTEST @ HAGGERTY PLAZA - 1PM  
MERCHANT SPECIALS ALL DAY LONG!

H A L L O W E E N

HAVE A GHOULISH

**Glitter And The Zombie Freak's 3rd Annual Trunk or Treat Car Show**

FREE Fun for All Ages  
Food & Drinks will be available for purchase inside KJ's

October 29th 2023  
6-9 pm

KJ's Convenient Stop  
15150 W Ajo Highway,  
Tucson, Az 85735

Trophies if registering for Car show  
Must give out Candy  
Must RSVP by 10/15/2023

For Info Contact  
Glitter  
520-258-9810

TOWN OF ORO VALLEY

**HALLOWEEN SPOOKTACULAR**

James D. Kriegh Park

ORO VALLEY PARKS & RECREATION

OROVALLEYAZ.GOV

**SpookTACULAR**

OCT. 27TH, 2023 | 6 PM - 9 PM  
SAHUARITA TOWN HALL

**FREE ENTRY & TRICK OR TREATING!**

**Ghostly Goodies**

CRAFT & VENDOR FAIR 11/27/2023

4:00-7:30PM

COPPER ROOM AT RANDOLPH GOLF COURSE  
600 S. ALVERNON WAY

**TRICKS and TREATS**

DAVE & BUSTERS

Annual Trunk or Treat  
Dave & Busters with C3 Car Club Tucson  
Starts at 630pm

Sat Oct 21, 2023

Staging for cars is at 530pm

Bring candy, and Dress your Car





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

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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

**Call (520) 355-3356**

HospiceLegalLine@gmail.com

HospiceLegalLine.org

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TUCSONSENIORPLACEMENT.COM

## Mary Reads her Tales—By Leslie Ford and Tyler Woods

Down a dark, dreary lane, nearly hidden by the trees and bushes, there was an old Victorian house surrounded by a lush landscape, that was called The Elm Street Assisted Living Home. In general, this was a quiet little home where the memory impaired and simply aging residents of the house were well looked after and were said to enjoy their lives at the end of the lane.

Johnathan, Mary's father, was moved into the house after he had suffered a stroke that left his memory impaired, and Mary was devastated about this abrupt change in their lives together and she made a pact with herself to that she would still be there for her father in as meaningful a way as she could.

Mary would drive down that dreary lane every day after lunch to read to her father as that was something they had shared all their lives together. First, her father reading to her about adventures and mysteries all over the world, and now she would read those tales of mystery and adventure to her dad.

As one would have it, and the tales being so full of magic and spirit and travelling adventures, the other residents would often join them, listening raptly to the tales being told. Mary's reading hour became quite an event at The Elm Street Assisted Living Home, her father and the other residents daily looking forward to there time exploring other worlds and realms and travelling in their minds to all the places they had lived and visited in their lives.

Then one day, Johnathan didn't wake up. Yes, this is a tale of life and death, and Johnathan had lived well. No one knew what was going to happen next. Mary seemed to have disappeared with her father. She never came back around. It was a mystery, where had she gone?

And then, one dark Halloween Eve, Fred, a resident who loved Mary's reading ran and told staff that he heard Mary reading to her father. The staff made note that perhaps his medication needed to be increased and sent him on his way. Fred knew there was more than him losing his mind, he had distinctly heard Mary reading. Fred went for more help. He gathered the residents sitting in the living room and told them to come out into the full moon and sit around the old oak tree.

The residents were more than happy to accommodate Fred with his desire to play a practical joke on Halloween. The residents all took folding chairs out and sat, pretending they were hearing Mary read the story. The howling of coyotes in the distance made the evening feel eerie with the full moon. But it was not the moon that created the image of Mary and her father. They sat in awe as Mary turned her head and said, "what took you so long?", as she plunged into another story.

The old Victorian house is empty now, and up for sale. But every Halloween's eve Mary, Johnathan and Fred with a variety of other former residents sit underneath that old oak tree and all listen as Mary continues to read to them all.



**Sahuarita**  
PARKS, RECREATION AND  
COMMUNITY SERVICES



**RANCHO SAHUARITA**  
IT'S ALL IN YOUR BACKYARD

**SAHUARITA LAKE PARK**

**ZOMBIE**

**RUN & WALK**



**SATURDAY**  
**OCT 14, 2023**

**5:00 - 8:00 PM**

**\$10 REGISTRATION (KIDS 8 AND UNDER FREE)**

**REGISTER AT: SAHUARITAPARKSANDREC.ORG**



# 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/>

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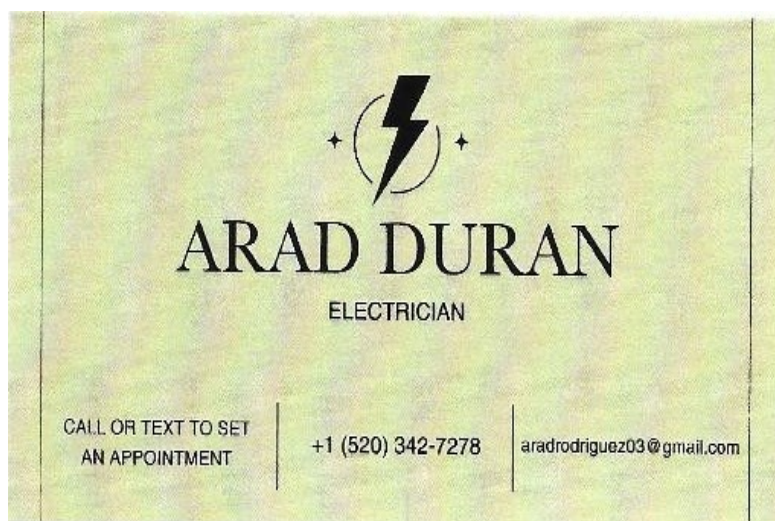
FOLLOW US



## Sahuarita Police Dept. Blood Drive

Wednesday October 25, 2023  
9AM - 2PM

Bloodmobile  
315 W Sahuarita Center Way  
Sahuarita, AZ 85629



# S.A.N.D.S.

## Walk for Down Syndrome

**NEW NAME, SAME GREAT EVENT!**

**OCTOBER 28, 2023 | 11AM-2PM**

**EXHIBITORS | MUSIC | FOOD TRUCKS**

Mica Mountain High School  
10800 E. Valencia Rd.  
11am-2pm

Donations benefit programs provided by SANDS  
SOUTHERN ARIZONA NETWORK FOR DOWN SYNDROME

[www.ds-stride.org/sandswalk](http://www.ds-stride.org/sandswalk)

# Support Group

starts **Aug. 24th**

Hosted by **Harmony HOSPICE**  
YOUR COMMUNITY. YOUR HOSPICE.

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

Not everything should be for sale.

# HUMAN TRAFFICKING AWARENESS EVENT

**SATURDAY, OCTOBER 7, 2023**  
8:00 A.M. - 12:00 P.M.  
**STEAM PUMP RANCH**  
10901 N. ORACLE RD  
ORO VALLEY, AZ 85737

◆ SERVICE PROVIDERS ◆ GAMES FOR KIDS ◆ LAW ENFORCEMENT ◆

**END HUMAN TRAFFICKING**

# TUCSON, AZ

## CHILDREN'S ENTREPRENEUR MARKET

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

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

For Sponsorship Information  
Email: [marketing@fourthavenue.org](mailto: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](http://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**

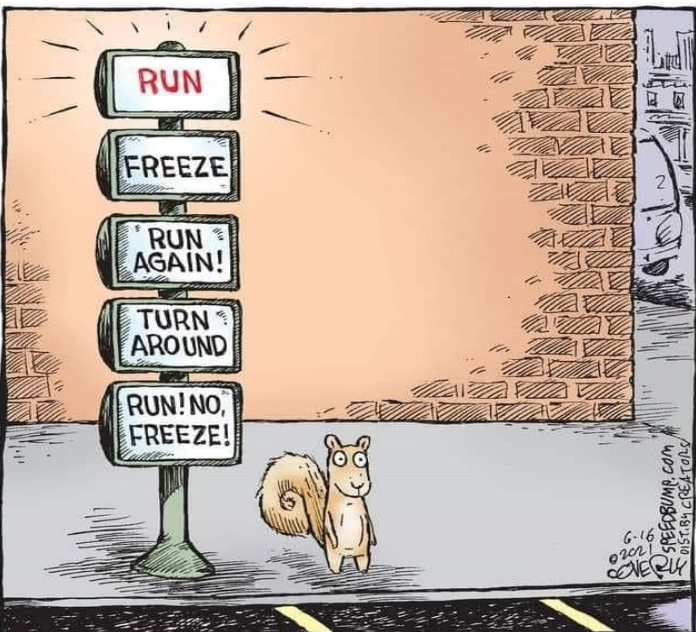
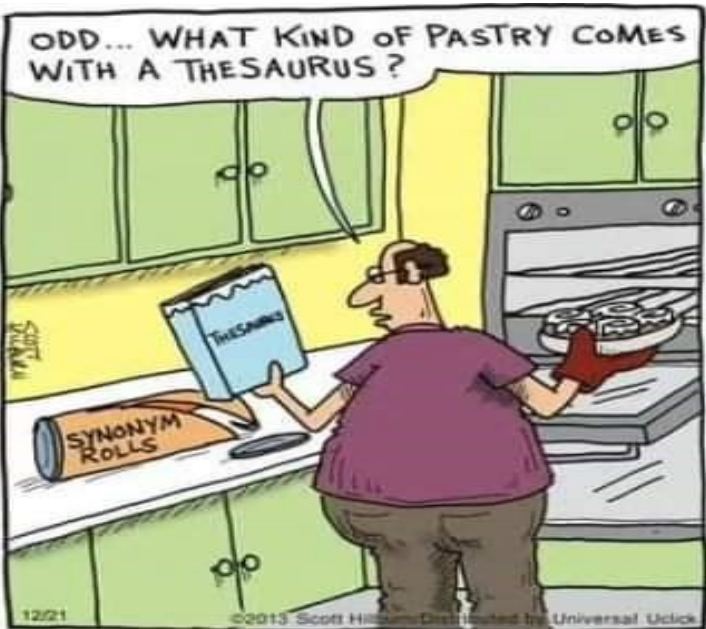
— COMPASSION • DIGNITY • LOVE —

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](http://tmcaz.com/hospice)**

**TMC HEALTH | YOU FIRST**

# Humor Corner



# Recipe Corner

## Halloween 3 ingredient

### Ghost Bark

#### Ingredients:

- 12 oz semi-sweet chocolate chips
- 4 oz white chocolate or white candy melts
- Halloween sprinkles



#### Instructions

The easiest way to make this is to melt the milk, dark, or semi-sweet chocolate in a microwave-safe bowl in 30-second intervals.

12 oz semi-sweet chocolate chips

Pour the melted chocolate over a parchment paper-lined baking sheet. Leave about a teaspoon aside.

Spread evenly until you reach your desired thickness.

Melt the white chocolate the same way you did the semi-sweet chocolate then add dollops of white chocolate to the bark.

4 oz white chocolate

Using a toothpick, drag the white chocolate down to make the tail of your ghost shapes. You can also use a sharp knife's tip for this.

Using a toothpick again, dip it in the leftover semi-sweet chocolate, or whatever chocolate you are using, and add the eyes and the mouth.

Clean and repeat this process until you are satisfied with how your bark looks.

Add the sprinkles, then chill in the fridge for an hour or until it solidifies.

Halloween sprinkles

Source: <https://lifestyleofafoodie.com/ghost-bark/#recipe-link>

# Gramma's HOME

Assisted Living with a Heart.

**520-349-2248**

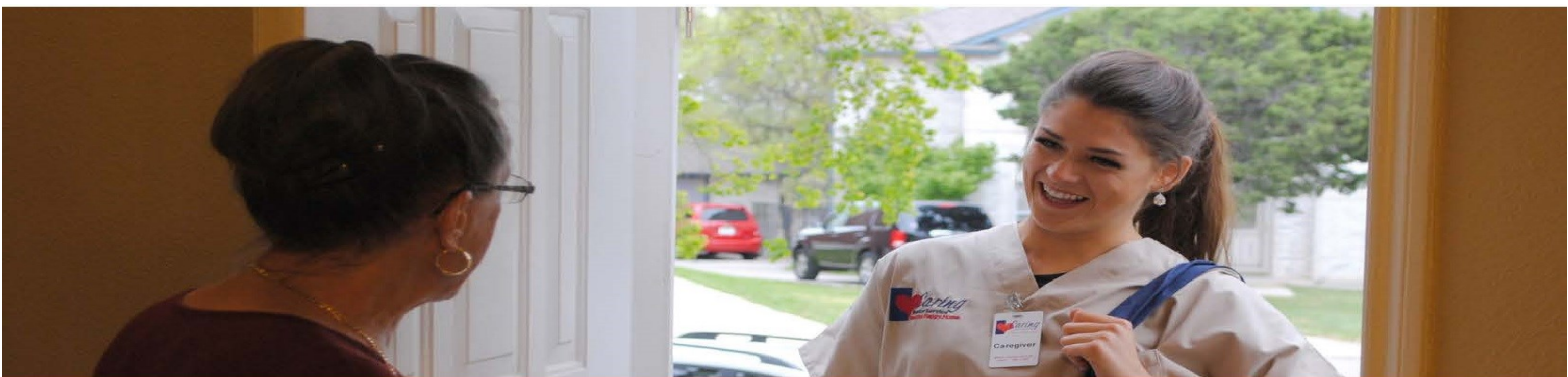


*All it takes is a little TLC  
Our residents seem to wake up  
and start living all over again.*



Call Valerie Scott

Plan a visit to Grama's Home



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**

# CITY OF NOGALES AND HILLTOP GALLERY PRESENTS NOGI FEST 2023

**BAD CATHOLICS • ALEJANDRO MAGNO • DORIAN MOORE • SPRINGS OF IRIS**  
**CICADA**  
**"FLOWER ROOF" VALENTINO AND ALMA**   **"DAMAS Y CALAVERAS" VENE SANCHEZ**   **"THE VOICE!" IVAN ORELLANA**

**SATURDAY - OCTOBER 21, 2023**  
**NOGALES CITY HALL- CORDOVA PARK**  
**3PM - 10PM**  
**ART, MUSIC, FOOD, FUN**

CITY OF NOGALES - (520) 287-6571  
 WWW.NOGALES.AZ.GOV - WWW.FACEBOOK.COM/CITYOFNOGALES

**CONNECTIONS Vineyard Church**  
*Open Hearts • Open Minds • Open Doors*

## PANTRY BLESSING JAM

clothing, furniture, toys, food + more!  
 everything FREE!

**OCTOBER 21, 2023**  
**7AM - 12PM**  
 (GET THERE EARLY!)

**3150 E FT LOWELL RD**  
**TUCSON, AZ 85716**

We are a body of believers in Christ anointed by the Spirit for creativity, love and joy to produce Hope, Healing, and Restoration to the community of Tucson, the State of Arizona and beyond.

# BOOKS

**BOOK SWAP**

**SUNDAY OCT 8TH 10-1**  
**311 E 7TH ST**

**The COALITION**  
**Joel D Valdez**  
 PIMA COUNTY PUBLIC LIBRARY

## 5th Annual WALK FOR DOWN SYNDROME

**Sunday, October 1, 2023**

**RON TURLEY PARK**  
 1500 N. Hohokem Drive • Nogales, Arizona 85621

**10 am - 2 pm** | **520.470.5833** | **SANDS**  
 FREE! REGISTRATION REQUIRED | mariascholnick@yahoo.com

**With Our PARENT LOVE, PARADISE!**

**DJI Games!**   **Raffiel CakeWalk!**   **Exhibitors!**

We Love Volunteers!  
*"When you are kind to others, it not only changes you, it changes the world."*



## 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](mailto:vdacruz@alz.org)  
Also visit: [https://act.alz.org/site/TR/Walk2023/AZ-DesertSouthwest?pg=entry&fr\\_id=16381](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](http://www.rosaschanteassistedliving.com)

**Anthony Vaughn Diaz**  
Owner/Administrator/Advisor/Consultant