



CAREGIVER NEWS

Newsletter Published by Rosa's Chante Assisted Living

November 2023

www.caregivernewstucson.com




Welcome to November!

Hi all, Anthony Diaz here. Well, can we all believe that we are about to get ready for Thanksgiving? Yes, the holidays are truly upon us, and it is a time to remember and hopefully spend some time with our families and friends. This includes all those that may be living in assisted living and nursing care facilities. Although we should always remember to include in some way our loved ones who may be in a placement, but it is especially important this time of year.

We should also keep in mind the caregivers in all shapes and sizes that spend their time tirelessly, or not so tirelessly, caring for our loved ones in and outside our homes. It is a time to recognize their hard work and, again, hopefully find a way to celebrate their efforts and ensure that they may have some time to spend with their family and friends.

I want to say Happy Thanksgiving to all our readers, advertisers, and writers that help keep our little newsletter around!

Anthony Diaz



Luminaria Nights
 FRIDAY & SATURDAY,
 DECEMBER 1-2, 2023
 5 PM TO 9 PM
 FREE PARKING!

TUBAC
 ARIZONA

PHOTO OF THE 1951 HUDSON HORNET AT OLD PRESIDIO TRADERS, WHICH IS CELEBRATING THEIR 41ST YEAR IN TUBAC.
 PHOTO CREDIT JOHN HAYS

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



Senior Resource Fest
 Saturday
 November 4th, 2023
 9 am - 12 pm

DanZone South Parking Lot
 16461 S. Houghton Rd.

Sponsors
 Corona Cares & Greater Vail Foodbank

ReSources
 Neighbors Helping Neighbors

Corona Cares Neighborhood Volunteers

For Vendor Application, Contact Ellie Abraham, Corona Cares coordinator at 520-395-9327 or coronacares@cox.net



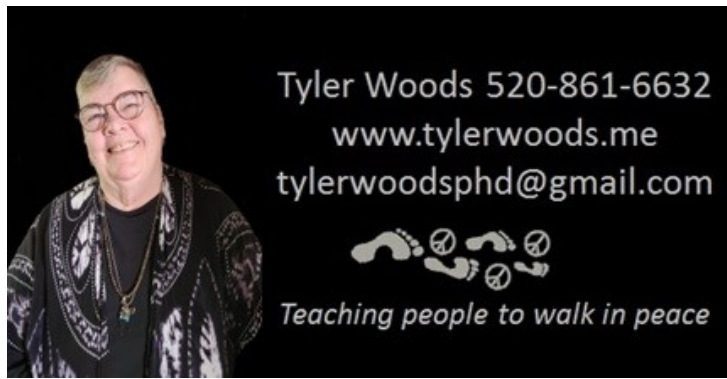
SPIRITUAL SUPPORT GROUPS

We're here to answer your questions,
please contact Rev. Murray Flagg
520-284-9334 or mflagg@harmonyhospice.org

Monday	Tuesday	Wednesday	Thursday
<i>Ho'oponopono In-person 12pm</i>		<i>Bereavement Support In-person 10am</i>	<i>Pet Grief In-person 10am</i>
<i>Anticipatory & Grief In-person 1:30pm</i>	<i>Anticipatory Grief In-person & Virtual 1pm</i>		<i>Anticipatory & Grief In-person & Virtual 12pm</i>
<i>Anticipatory & Grief Virtual 6:30pm</i>	<i>Anticipatory Grief Virtual 6:30pm</i>	<i>Bereavement Support In-person 6:30pm</i>	<i>Pet Grief In-person 6:30pm</i>
<i>Pet Grief Virtual 7:30pm</i>	<i>Advanced Ho'oponopono Virtual 7:30pm</i>	<i>Introduction Ho'oponopono In-person & Virtual 7:30pm</i>	

*We continue to provide grief support groups at no cost for our community in our NEW location:
310 S. Williams Blvd., Ste 201, Tucson, AZ 85711*





Bring Grateful—By Tyler Woods

Thanksgiving is my all-time favorite holiday because it is about one of my most favorite things in the world and that is gratitude. I just love it. Gratitude turns what little you have into abundance, it is so much more than saying thank you, it changes your perspective of your world and in today's world that is vital! I think that is because gratitude is strongly related to wellbeing.

The wonderful thing about gratitude is it appears to have a domino effect. If a person experiences gratitude, they are more likely to recognize the help and then later reciprocate that help.

For many, Thanksgiving is a collective ritual that celebrates material abundance through feasting and being with people we love. Thanksgiving is important because it is a designated time assigned to encourage us to pause to be mindful of the blessings we have. Many of us get so caught up in our day-to-day routines that we fail to stop and acknowledge our fortunes. On that note I must say that celebrating gratitude does not need a particular holiday to show thankfulness. Conveying gratitude should be practiced daily. Still, I do love Thanksgiving.

Whether you're excited for the holidays or a little anxious, take the opportunity the holidays presents to slow down. No really! There is no need to feel stress. Take your time, relax, don't worry about how much you eat, or getting ready for Christmas, just be grateful. Practice Thanksgiving gratitude for all the blessings in your life instead of focusing on the negatives. Then, think about how you can extend this season of gratitude to improve your entire life year-round.

One thing I want to say is gratitude is a choice. Yes, you heard that right. It is about noticing the good and recognizing where the good comes from, usually outside of ourselves. It doesn't mean there is nothing bad or negative going on around us, it means that we are intentionally looking for the good. Good circumstances and opportunities can include things like health, a job, a place to live, food, having our family and friends or a strong support system — the list goes on.

As caregivers we may feel burnt out, tired, overwhelmed and it is important to take the time for gratitude. Thanksgiving points us toward a way of life, not just an idea for one day of the year. Gratitude is a practice, a mindset, and an approach, it has the potential to heal, energize, change our lives and our relationships and that is what we need as caregivers.

In the world of psychology, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships. That to me is much more powerful than medication. You could say a dose of gratitude can go a very long way. So yes, if you are feeling overwhelmed and stressed, try a dose of being grateful.

I wish you all a happy Thanksgiving and am grateful I get to be part of this wonderful caregiving community. It can be challenging, difficult, heartbreaking, backbreaking and nerve wracking and truth be told, I think if we take the time to be grateful, it becomes more of an act of love and not a chore. So happy Thanksgiving and I am grateful for all those who work in caregiving. Please take the time to be grateful and the world just seems a little more friendlier.

A vibrant banner for the 40th anniversary of el tour de tucson. The left side features a colorful circular graphic with a silhouette of a cyclist on a road, cacti, and mountains. Text on the graphic includes "BANNER - UNIVERSITY MEDICINE", "el tour de tucson", "1983-2023", and "40 years". The right side shows a large crowd of cyclists in various colored jerseys and helmets, gathered for the event. At the bottom, a blue banner reads "SATURDAY, NOVEMBER 18, 2023 REGISTRATION NOW OPEN!"



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CHILDREN'S MUSEUM TUCSON

LOVE OF LITERACY

A CHILDREN'S BOOK FESTIVAL

SAT. NOV 4, 2023

COMMUNITY EVENT

SAN MARTÍN DE PORRES

Fiesta

FREE ENTERTAINMENT

12-8PM **NOV 4 & 5, 2023**

MUSIC | GAMES | PRIZES | FOOD | INFLATABLES

FEATURED BANDS

- RITMO SANCHEZ
- SUERTE MUSICAL

See our website for full schedule
sanmartinsahuarita.org 520-625-1154
 15440 S. Santa Rita Rd, Sahuarita AZ

TUCSON TEAM HOPE WALK

NOVEMBER 5TH, 2023 SILVERLAKE PARK

REGISTER NOW: HDSA.ORG/THWTUCSON

Genentech | teva

Peligrosos Car Club

3rd Annual SWEATER & BEANIE DRIVE SHOW N' SHINE

NOVEMBER 18, 2023

TO BENEFIT THE KIDS OF CASA DE LOS NIÑOS

Roll In for show: 9AM - 11AM
 Show: 11AM - 3PM

AMERICAN LEGION: POST 59
 750 N Grande Ave
 Tucson, Arizona 85745

Help us help our community!

RESOURCES YAIL FOOD BANK

Holiday Distribution HOLIDAY BAG & GIFT CARD

NOVEMBER 20, 2023 AND DECEMBER 18, 2023

11:00A - 2:00P AND 3:00P-5:00P

13105 E COLOSSAL CAVE ROAD, YAIL AZ 85641

REQUIRED: Must Live in Greater Vail (85641 & 85747 & VUSD) | Must be Current Client by (11/18/2023 & 12/15/2023)



2890 E Skyline Dr. # 250
Tucson, AZ 85718

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Associate Broker

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Office: (520) 577-7433
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Beth Fuller, BSW, CMC
Owner/Care Manager

520-305-4454
(no text)

Beth@TucsonLifeCare.com
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or HIV Positive



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November is a Busy Month and remember to be Grateful for Caregiver!

November is a busy month with a lot of important things to do. It is the month we celebrate Thanksgiving in the US. It is a month when we think about all that we are grateful for. Many of us get together with family and friends and celebrate by feasting on turkey and all the fixings and watch football. Thanksgiving is also celebrated in some other countries around the world but on different days, and with different history, reasons, and ways to celebrate.

While planning your Thanksgiving get together and how to include someone with cognitive impairment, you consider having the visit earlier in the day. Here is a link to the Alzheimer’s Associations tips for the holidays: <https://www.alz.org/help-support/resources/holiday>

We are grateful for all the caregivers who care for those who cannot care for themselves. I would bet that most caregivers are working on Thanksgiving. Caregivers are needed every hour, every day. They do especially important work that helps all of us and our families whether we are aware of it or not. Tell caregivers you know how much we appreciate all that they do.

If you are a caregiver and have been the host for Thanksgiving, consider giving yourself a day off and asking others to host or cook.

November is also a month to look at your current Medicare coverage and compare it with 2024 plans. You may be able to save money and get better coverage. Be careful to watch that you are on the **Medicare.gov** website. There are many online ads that may show up above the official website. Be aware that open enrollment ends December 7th.

Here is a link to learn more about types of Medicare coverage: <https://www.Medicare.gov/health-drug-plans/health-plans>

If you have a list of your medications, including dosages and how often you take them, you can check here to help find the best prescription coverage: <https://www.Medicare.gov/drug-coverage-part-d>

If you need unbiased help finding what is right for you, each state offers a State Health Insurance Assistance Program or **SHIP**. Pima Council on Aging is the SHIP provider in Pima County. They can be reached at <https://pcoa.org/ways-we-help/Medicare.html> or by calling 520-546-2011 or emailing them at SHIP@PCOA.org

Important things to consider are your doctors, medications, and any other medical providers you see to maintain your health. Every year Medicare plans, prescription formularies, and the list of medical providers change. Did you know that providers contracted with your insurance may include skilled nursing facilities, labs, medical equipment providers? Do you know which ones are covered by your insurance plan? Until you or someone in your family needs those services, most people do not know. Turnover is a factor, so it is wise to call providers to make sure they are still contracted with your insurance. The online directories are not always up to date.

You might also want to check to see if you are eligible for other benefits at: <https://Benefitscheckup.org> That website is offered by the National Council on Aging.

Have a Happy Thanksgiving! Do not forget to tell caregivers how grateful we are for all they do.

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 LGBTQ+ 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/>

Harmoney COMMUNITY HEALTHCARE

*As Part of our Community Outreach
we are offering a bi-monthly*

Alzheimer's & Dementia Support Group

1st and 3rd Thursdays
2:00-3:30

First Meeting Thurs. November 2nd

This group is for you if you're caring for someone with dementia and have questions or need support.

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and
Alzheimer's Support Group
Facilitator*



310 S Williams Blvd, Suite #210
520.373.0349 for Information

These programs are FREE

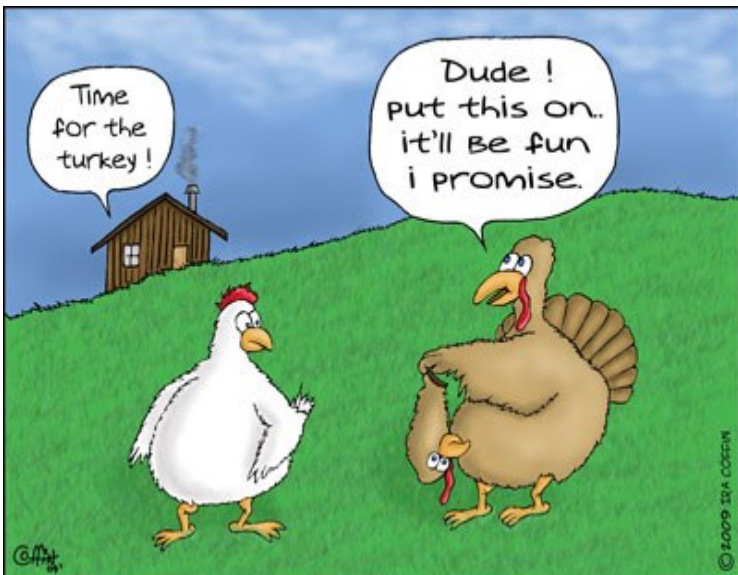
All are welcome!



Humor Corner



"That cat is feral, but I am making progress with him. He won't let me touch him, but he is texting me."



Recipe Corner



RASPBERRY PASTRY ROLL-UPS

INGREDIENTS

1 refrigerated pie crust (rolled kind work best)
4 tablespoons raspberry jam
powdered sugar

DIRECTIONS

Unroll piecrust onto countertop. Spread 4 tbs jam over piecrust leaving a 1/2 inch border at the dough's edge.

Using a pastry wheel or pizza cutter, CUT piecrust into 16 wedges.

Starting at outer edge of pastry, roll wedges into crescents. Place on parchment-lined baking sheet and bake for 15-20 minutes at 375*. Or until lightly browned.

Sprinkle with powdered sugar if desired.

***Because of the nature of jam or jelly the filling will ooze out a little bit while baking, but this shouldn't affect the taste or presentation of the pastry.

Source: <https://www.food.com/recipe/raspberry-pastry-roll-ups-174796>

PHOTO BY DIANA EATING RICHLI



AT HOME MEDICAL CARE LLC

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Michelle Rafferty ANP-BC
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(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?

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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

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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.

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OUT
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HAPPY



THANKSGIVING



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CARING SENIOR SERVICE can help your crisis!!

It's Friday at 4 pm --- your loved one is being discharged in an hour. Do You: Panic—thinking, I can't do this right now. I have my son to get to soccer and a date with my husband. Know – this is going to take much longer than an hour to get his medications, get them on isolation as they need to be quarantined, and I don't want to be exposed if I can help it, Stress –Over getting their medical supplies and get them fed and settled for the evening.

CARING SENIOR SERVICE CAN HELP!! We call it: Transition -- Safe Discharge Recovery Plan transitioning from SNF or Hospital to Home, keeping a client Healthy, Happy, and Home. CARING SENIOR SERVICE makes the transition home so easy and helps reduce the risk of going back for a preventable reason.

The chance of being readmitted into a hospital for a preventable reason is highest in the first few weeks of discharge. Caring Senior Service's Caregivers are trained in different diseases and medical procedures and what to look out for that can cause a re-admission. A tablet is provided by Caring Senior Service in the home for communication between the family, caregiver, and Admin Office staff and even other medical providers involved in their care.

Caregivers are background checked every 6 months, and training through modules helps our caregivers be adept at handling complex patients and disease path. Which is why Caring Senior Service is used by many hospices in homes and facilities.

We offer Care management and Safety Evaluations prior to a discharge date along with: • Pre-discharge Home Safety Assessment • Transportation Home at time of Discharge • Transportation to Pharmacy for Medication Pick-up • Assistance in Scheduling Follow-Up Appointments • Transportation to Follow-up Appointments • Personal Care including: Meal Prep, Medication Reminders, Bathing, Dressing, Toileting • Transfer and Ambulation Assistance • Light Housekeeping Let CARING SENIOR SERVICE show you how we can keep you or a family member HEALTHY. HAPPY. HOME CALL (520) 428-0143

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and start living all over again.*

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7 Gifts to Get Your Loved Ones for the Holidays

2023 has been a hard year, and the pandemic may be putting a damper on your holiday spirits as well. Many places are still locked down to protect individuals from the virus. You may not be able to visit with your family like normal, which could mean missing out on time with your beloved grandparents or fun aunts and uncles. But that doesn't mean that this Christmas can't be merry! Giving gifts is a great way to make the holiday season brighter. But sometimes, it can be difficult to find the right gift idea. But don't worry! We've put together a list of the best gift ideas for your loved ones this Christmas.

1. MINI GARDENING KIT - There's something satisfying about harvesting herbs from your own garden. Seniors will love receiving a mini gardening kit full of herbs that they use frequently. And small herb gardens are something that they can cultivate indoors. It's a gift that will keep on giving.
Brand: Spade To Fork **Source:** Amazon **Price:** \$34.97

2. WINDOW BIRD FEEDER - Many seniors tend to appreciate nature more as they get older. Some spend hours sitting on their porch or just looking out the window. Bring nature a bit closer to home with a window bird feeder. It can bring birds right up to the glass for close viewing.
Brand: Birdicious **Source:** Amazon **Price:** \$30.68

3. CONVERSATION STARTERS - To keep the conversation going— even over the phone or on a video chat — give them this box of conversation starters. They will help you both get to

know each other a little better and foster love and appreciation.
Brand: TableTopics **Source:** Amazon **Price:** \$25.00

4. ACUPRESSURE FOOT MASSAGE SLIPPERS - After a long day, your loved ones will love putting their feet into these slippers. They feature massage buttons that push on pressure points, resulting in ultimate relaxation. These slippers may also help soothe pain due to neuropathy, arthritis, and more.
Brand: BYRIVER **Source:** Amazon **Price:** \$26.99

5. COFFEE MUG WARMER - No one likes to drink their hot drinks after they've cooled down. This beverage warmer is compact and will certainly come in handy.
Brand: COSORI **Source:** Amazon **Price:** \$39.99

6. NATURAL SOAP - Everyone deserves to feel pampered — regardless of their age. Try gifting your loved one a set of natural soap. These soap bars smell amazing and help moisturize the skin. Plus, they even have an invigorating exfoliant inside.
Brand: Bali Soap **Source:** Amazon **Price:** \$15.95

7. Life Story Book - Encourage your loved ones to reflect on their life and record meaningful moments with the My Life Story book. It's a journal that provides prompts for your loved one. When they've filled it out, your family will have a treasure that can be passed down for generations.
Brand & Source: Uncommon Goods **Price:** \$30.00



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Respite Care

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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.

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