



CAREGIVER NEWS

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

www.caregivernewstucson.com



Welcome to December!

Hi all Anthony Diaz here, and welcome to December. The holidays are in full swing and everyone is ramping up getting stressed over getting everything we think we need to do done that sometimes we forget that celebrating the holidays is about enjoying ourselves with our families and friends. If we all remember this we may all survive this often stressful time.

As you all may know, I like to decorate Rosa's up nice for the holidays, and the residents are never disappointed.

Not only do I like all the décor, it does serve a purpose of reminding those under our care, especially the residents of Rosa's as we are a memory and mental health home. We like to provide and ensure that everyone can enjoy the holiday season in their "home".

And, I would like to wish all of our readers, advertisers, and writers a Merry Christmas and a joyful time through this holiday season. Thank you!

Anthony Diaz

Vendor & Craft Fair * Team Roping * Jumping Castles

Santa Cruz County Fair & Rodeo Assn.

SONOITA SMALL TOWN CHRISTMAS

Saturday, December 16th
10am - 4pm
Free Admission

SANTA
10-NOON



Food Vendors * Hay Rides * Car Show * Barrel Racing

Six Tips To Make Mealtimes Easier for People With Alzheimer's Disease

To learn about healthy eating for a person with Alzheimer's, visit www.nia.nih.gov/eating-alzheimers.



Serve meals in a consistent place, way, and time.



Offer foods the person is familiar with and likes.



Use mealtimes to talk about things you both enjoy.



Make the eating area quiet by turning off the TV and radio.



Cut food into small pieces and make sure the food is soft enough to eat.



Offer one food item at a time and don't rush the meal.

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

BENEFITTING THE FLOWING WELLS SCHOOL DISTRICT AND THE JOHN VALENZUELA YOUTH CENTER

STYLISHES
TUCSON, AZ

106.3 GROOVE
LIVE REMOTE

STUFF THE BUS

ISAAC BENITEZ MEMORIAL SHOW N' SHINE

Saturday, December 9, 2023

10:00am - 2:00pm

Flowing Wells Junior High School
4545 N. La Cholla Blvd
Tucson, AZ 85705

SANTA WILL MAKE A SPECIAL VISIT AT 11:00AM ESCORTED BY THE PIMA COUNTY SHERIFF'S DEPARTMENT

SHOW N' SHINE ENTRY IS A NEW, UNWRAPPED TOY

FOR ADDITIONAL INFORMATION, CONTACT GILBERT AT (520) 419-0558

Rest is a 4-Letter Word

FREE CEU Training

Self-care is a priority for us all, especially as we begin the new year. Our one-hour course will provide an understanding that sleep is not “rest” but rather a physiological tool to aid the body. Secondly, we will explore in the Dimension of Rest: physical, creative, spiritual, emotional, sensory, social, and mental. You will be able to identify the symptoms and treatment with regard to the seven needs, for an improved lifestyle.

Light lunch provided by



**FREE CEU
OPEN TO THE COMMUNITY**



**WEDNESDAY
JANUARY 24**
12:00 - 1:00PM



**THE HARMONY
EDUCATION CENTER**
310 S. Williams Blvd.
Suite 210
Tucson, AZ 85711

TO REGISTER

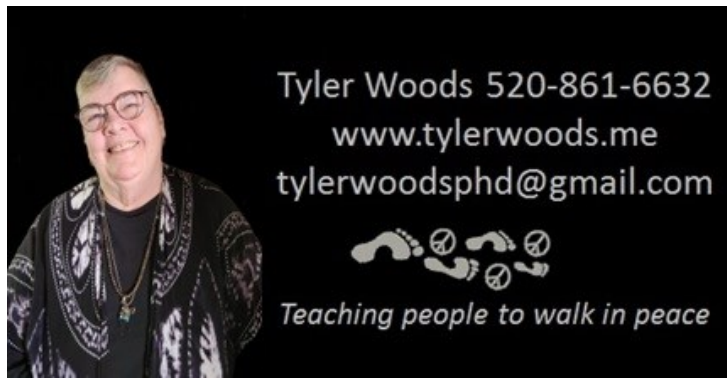
SCAN



520-293-9334

abarney@harmonyhospice.org

<https://conta.cc/46wAY0L>



Caring for the Caregiver Over the Holidays—

By Tyler Woods

For many caregivers, the holiday season gives rise to stress, and frustration instead of peace and goodwill. I know this firsthand my sister is a caregiver for my mother. Yes, I do respite and care for her whenever needed.

Still, some caregivers do not get help from family, and they may feel resentful towards other family members who they feel have not offered enough assistance. Managing care for someone who needs care may leave caregivers feeling that they will not be able to participate as fully as they would like in family gatherings. They are already feeling overwhelmed with caregiving tasks, stressed-out caregivers may view traditional holiday preparations as more of a drain of precious energy than a joy. So be sure to let family members know that your caregiving duties are keeping you very busy and that you only have so much energy for holiday preparation and hosting duties.

I get that caregivers often have to adapt their traditional role or experience of the holidays. They often need to modify the amount of time away from home to match the comfort level of those they are caring for, and they may need to make choices about which events to attend based on which would be the simplest, least exhausting, and most enjoyable for the person for whom you provide care and for them.

For friends and family members who may not know what stress factors caregivers manage on a day-to-day basis, there is a great deal with day-to-day needs. This includes managing medications and attending medical appointments to independently completing all household chores. There is so much who has time for shopping and festivities? I mean caregivers play a huge role in managing their loved one's emotions, family's emotions, and their own feelings. Not to mention, many caregivers have a personal relationship with their loved one that becomes impaired when they are ill, impacting their natural support system.

The question is, what can individuals do to better support a caregiver in the middle of all the busyness of the holidays? First please do not avoid reaching out to a caregiver in fear of overburdening them. Help the caregiver in your life explore how celebrating the holidays may look different this year while still creating meaningful memories because we want to help them cope and reduce their stress during the holiday season.

I recommend caregivers to set their expectations early. Rather than avoiding every conversation about holiday activities or travel plans, be proactive and let those you care about know how much you feel you are able to do this winter. I love that my sister has one of my cousins helping and two neighbors who are nurses who volunteer their help. She is lucky, some are not so lucky so check around and see who is willing to offer help.

Another thing that helps is to be aware of your emotional red flags, like fatigue, restlessness, or fluctuating emotions. When you see a red flag pop up, find time to re-center yourself whatever that looks like. Ask for help on your wish list. Whatever helps you succeed, don't be afraid to ask. Also, make sure you have a quiet room where you can get some peace and quiet. This helps to avoid anxiety and benefit from time in a quieter room with less stimulation and noise.

Caregivers, take care of you and happy holidays. Keep reading the gift of Caregiver Newsletter to get tips!





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.

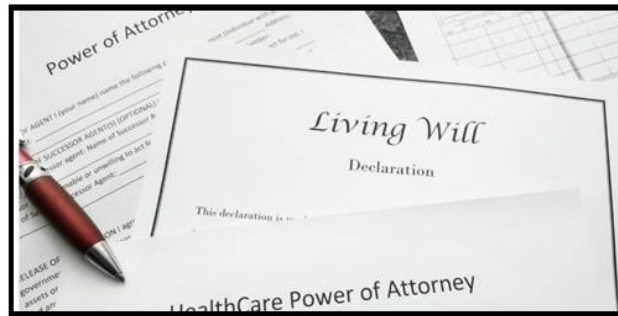
Look to TMC Health to deliver on the promise of better health care. Not for profit, for you.

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



tmcaz.com

What types of care are available as I age? And how do I access them?



What is a Living Will? And do I need one?

Where can I find information about living well, aging, and preparing well for dying and death?

Community Outreach Program for the Deaf Invites You to a Special Presentation by Aging and Advance Medical Care Planning Professionals!

Location: Tucson Deaf Community Center, 1436 N. 11th Ave; Tucson, AZ 85705

December 12, 9:30-11:30 AM

Pima Council on Aging (PCOA)

Presenter: McKenna Reinhard and Ann Gile

Topic: Proactive planning for aging, including community resources and different levels of care (independent living, assisted living, long-term care, and memory care).

December 13, 9:30-11:30 AM

Southern Arizona Senior Pride (SASP)

Presenter: Erin Russ

Topic: "Honoring a Life," a general overview about advance medical care planning (end-of-life planning)

December 20, 9:30-11:30 AM

Southern Arizona Senior Pride (SASP)

Presenter: Erin Russ

Topic: Advance medical care planning document completion

If you need special accommodation other than ASL interpreter, please contact Amy Speer at 520-468-2957 or Andrea Kovach at 520-445-8488 by Wednesday, November 22, 2023.



2890 E Skyline Dr. # 250
Tucson, AZ 85718

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Service for Seniors and Their Families*

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**SAN XAVIER
COMMUNITY VOLUNTEER COMMITTEE
WINTER CARNIVAL
SATURDAY – DECEMBER 9, 2023**

9AM – 3PM

**Food Vendors – Feast Committees
Swap Meet, Game Booths, Arts & Crafts,
Sweet Booths**

**Entertainment (10am – 2pm)
Gertie & TO Boyz**

*Booth Decoration Contest
1st Place, 2nd Place, 3rd Place*

Contact CVC Members

Mike Miguel @ 954-0901

Agatha Miguel @ 444-5829

Thelma Havier @ 505-0821

Brandon Havier @ 409-4816

CJ Juan @ 272-7560

Elliott Ortega @ 649-5430



toys FORTY NINER COUNTRY CLUB
tournament

SATURDAY DECEMBER 2 2023
8:30 shotgun - 4-person scramble

**\$75 GOLFER
\$55 MEMBERS**

ENTRY FEE INCLUDES GOLF, PRIZES & LUNCH.

*please bring an
unwrapped toy at registration
to benefit Ramon's Miracle on 31st Street*

FORTY NINER COUNTRY CLUB
12000 E TANQUE VERDE RD



53rd Annual Bringing It Back To South Tucson

Miracle on 31st Street

Christmas Party & Toy Giveaway

Sunday
December 17, 2023

This Event Will Be Held In South Tucson At
Greyhound Park.
9am - 2pm
2601 S 3rd Ave. Tucson, AZ 85713

Special Thank You to all who made this event possible.

For More Information Call: (520)389-3228



60 YEARS STRONG
TUCSON INDIAN ASSOCIATION OF ILECCO, INC.
TUCSON INDIAN CENTER
1963 - 2023

TUCSON INDIAN CENTER

**WINTER WELLNESS
WONDERLAND**

Activities:

- Vendors
- Arts & Crafts
- Games/Raffles

**DEC 08
2023**

06.00-8.00 PM

Armory Park Center
220 S. 5th Ave
Tucson, AZ 85701

SNACKS & WATER

More information contact:
Marlene F. Jose
520-884-7131 ext. 2238



**FREE OUTDOOR SCREENING
AT CHILDREN'S MUSEUM TUCSON**

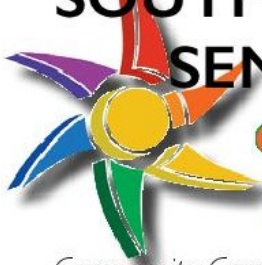
WITH FREE HOT CHOCOLATE,
TASTY SNACKS
AND HOLIDAY-THEMED ACTIVITIES!

**SATURDAY,
DECEMBER 9 AT 6PM**

Dr. Seuss'
The GRINCH

ALL ADULTS MUST BE ACCOMPANIED BY A CHILD.

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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*Hosted by Robin Coats
Certified Dementia Practitioner
and
Alzheimer's Support Group
Facilitator*



310 S Williams Blvd, Suite #210
520.373.0349 for Information

These programs are FREE

All are welcome!





How Rosa's Chante Saved Christmas—

By: Tyler Woods and Leslie Ford

Once upon a time in a caregiver's home in the North Pole lived seven wonderful residents who helped when they could remember to build toys for Santa.

Sometimes they needed help and oftentimes the elves let them make mistakes and they would go back and fix the little mistakes. Sometimes they would lose their memory and didn't know what they wanted or needed to do. But what was important was the elves were always there to make it look like the residents did a great job.

Then, two days before Christmas Santa went to the caregiver's home and asked, "I need your help." You see, some of my elves went on strike. They hated the demanding hours that happened around Christmas time. They claimed they didn't get enough rest. But Santa knew those elves were filled with hot cocoa and sometimes a little spice in that hot cocoa.

Santa went to the caregiver's home and begged Anthony, "Please answer me. May I borrow your residents to take over from my house, you know, the elves are quite mad at me right now. It's not like I overworked them or anything, and they know that the hours are grueling this time of year why there's stockings to fill and toys to build and we have to look at that list to determine who has been naughty and who has been nice and it's not like I really meant to overwork them. But my job is bigger than some people think."


Anthony smiled at Santa and said, "Oh I know how busy you are. It's kind of like us caregivers how busy we get. Nobody really knows how busy we are." Santa said to Anthony, "Ohh, oh yes, we do know how busy you are. That's why I must come to you. Because you do such a good job and Anthony with your light so bright, won't you help Santa tonight."

Anthony answered, "Oh Santa Claus, our residents would be more than glad to help him finish stuffing the stockings and filling the orders." Then Anthony also said, "I'll be glad to find out who's been naughty and nice and report it back to you."

Santa put his hand on his head and said, "oh nooo." Anthony replied, didn't you mean ho ho?" Anthony told Santa that there was one condition and one condition only and that was to take extra special care of the caregivers around the USA. Santa said even the ones that got mad and hit the door? Anthony said, Yes, Santa even the ones that swore and yes Santa even the ones that said they can't do it anymore.

Santa looked at Anthony curiously and said, "but why?" And Anthony began to explain a caregiver's real world and all that entailed, and Santa said, "not only will I take extra good care of the caregivers. I will give them extra special gifts and more Anthony." "Thanks, Santa," Anthony replied, and started getting his seven residents ready and said, "they're all yours Santa.

Santa was very happy with the outcome of his conversation with Anthony, and with his caregiving home. Santa bent down and whispered to Anthony saying that he's saved Christmas this year, and he said he'd send him a special angel and Anthony replied "No, that's OK, I have a special angel. Thank you, Santa." Merry Christmas, everybody.



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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

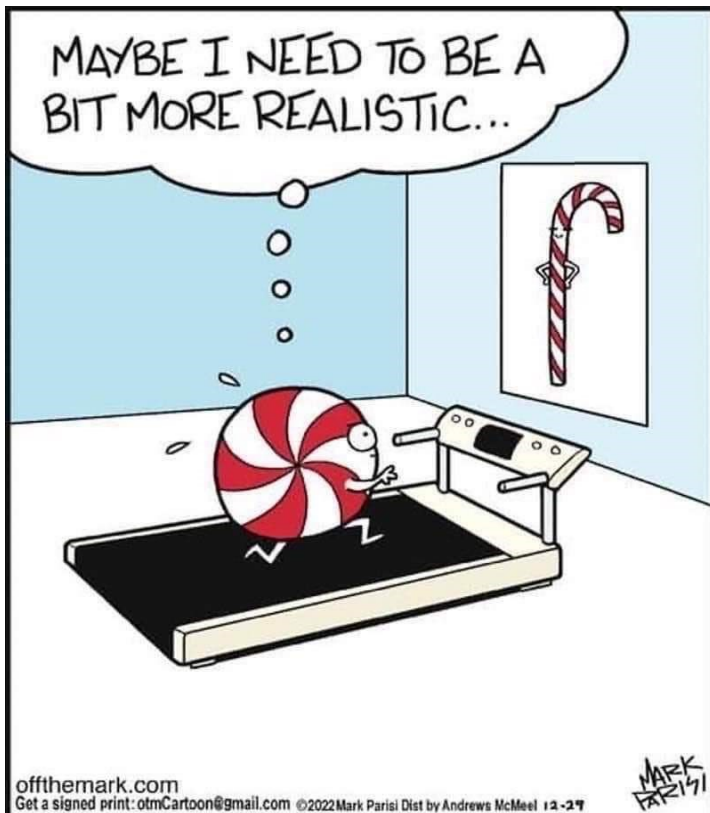
— COMPASSION • DIGNITY • LOVE —

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.

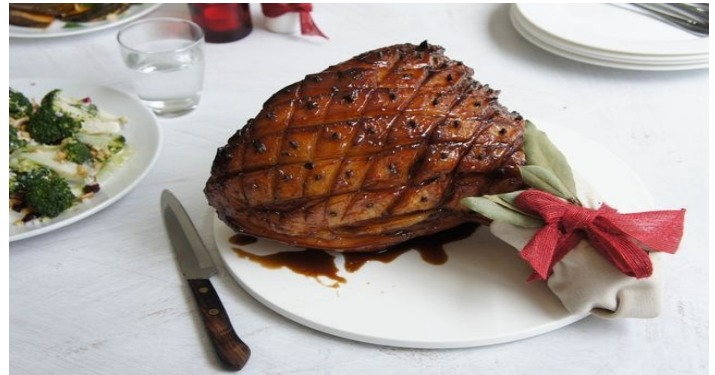
**TMC Hospice - Peppi's House
520.324.2438 • tmcaz.com/hospice**

TMC HEALTH | YOU FIRST

Humor Corner



Recipe Corner



Toni's Coca-Cola Christmas Ham

Ingredients

- 2 kg ham leg on the bone
- 3 L Coca Cola
- 1/4 cup whole cloves *to taste

Method

1. Remove the skin from the ham.
 2. Score ham in a crisscross pattern.
 3. Place in a saucepan large enough to fit ham completely.
 4. Add Coca-Cola, filling saucepan until ham is almost completely covered.
 5. Bring to the boil, then reduce to a simmer.
 6. Simmer for approximately 2 hours until Coca-Cola reduces by at least half.
 7. Cover and leave to sit in reduced coke mixture.
 8. Preheat oven to 180C.
 9. Place ham in baking tray and place cloves in criss-crossed grooves.
 10. Bake for 20 minutes or until ham warms through and is crisp on the outside.
- Serve hot or cold.

NOTES

You can also use shoulder ham. I like to do the ham early in the morning and then

Source: <https://www.bestrecipes.com.au/recipes/tonis-coca-cola-christmas-ham-recipe/9nmxtuiz?r=budget/nh3bdyqk&h=budget>

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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Personal Care
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Meal Preparation
Housekeeping

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Respite Care

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Oro Valley POLICE

DISPOSE-A-MED

Saturday, December 2, 2023

8 a.m. - 11 a.m.

ORO VALLEY POLICE DEPARTMENT

11000 N. La Canada Dr

Oro Valley, AZ 85737

WHAT'S ACCEPTED

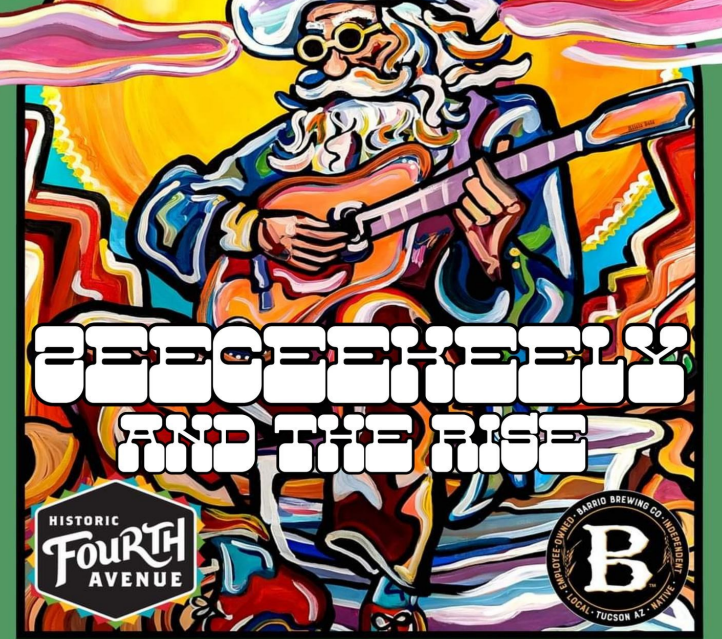
- Over-the-counter meds
- Tablets
- Capsules and Vitamins
- Veterinarian prescribed meds
- Expired/ Unused/ Unwanted prescriptions

WHAT'S NOT ACCEPTED

- Liquids
- Creams/ Ointments
- Household Hazardous Waste
- Inhalation/ Aerosol Bottles
- Sharps
- Batteries

Happy Holidays!

54th ANNUAL 4th AVE WINTER STREET FAIR



DECEMBER 8-10 - TUCSON, AZ

The Vail Preservation Society presents the 18th Annual



1900 OLD VAIL POST OFFICE RESTORATION UNDERWAY!

'Tis the Season!

Saturday, December 2 1:30 – 6:00 p.m.

13105 E. Colossal Cave Road

Celebrate the Season Where Vail Began – Between the Tracks!

- Make-&-Take Kids' Crafts • Cookie Decorating!
- Model Railroad • Corn Hole
- Games • Face-painting
- Live performances • The Vail Chorale
- The Depot Thrift Store (till 4:00)
- Vail Coffee Stop • Food Trucks
- Luminarias!



- 1:30..... Holiday Marketplace
- 1:30Tucson Door Slammers Classic Car Show (till 5:30)
- 4:00The Vail Chorale Sings Holiday Music + A Singalong
- 4:45 Santa arrives on the Rincon Valley Express!
- 5:30Tree of Lights and Wishing Tree Illuminated at Sunset!

Happy Holidays to All!

NOTE: Parking available at Old Vail Middle School - 2-minute walk



A Community-Powered Project of the Vail Preservation Society
vailpreservationsociety.org • (520) 419-4428 • Follow us on Facebook!

The Vail School District is neither endorsing nor promoting this program. The distribution of this flyer is provided as a public service to parents. District resources were not used to produce this flyer.



Inora at Winterhaven

December 14, 16, 21, 22, 23

3233 N. Treat Circle Corner of Treat and Fair

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



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