



# CAREGIVER NEWS

Newsletter Published by Rosa's Chante Assisted Living **January 2024**

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

## Welcome to January 2024!

Welcome you all, this is Anthony Diaz here and we are ready to march a new year in!

What does that look like for you out there with our readers? For me here at Rosa's Chante we have already cleared and cleaned away all signs of Christmas 2023 and are getting ready for 2024.

We all know that the winter ramp up of Covid, influenza and RSV is occurring and it is a good time to make sure that everyone is practicing good hand sanitation and, if necessary, masks.

With that said, it is also time to look ahead at what the new year might mean for you! And perhaps it might mean advertising with us at the Caregiver Newsletter, or maybe you may have some information that you would like to share on these pages. We are always looking for what you may have to say about caregivers or caregiving in our Tucson Community. Just contact me or Leslie. And let's all have a great New Year!

*Anthony Diaz*



## 31<sup>st</sup> Annual GREEN VALLEY HEALTH FAIR

### Monday, March 4, 2024

Green Valley Recreation West Social Center

9AM - 12PM



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4:15 PM

[www.boyschorus.org](http://www.boyschorus.org)

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# 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



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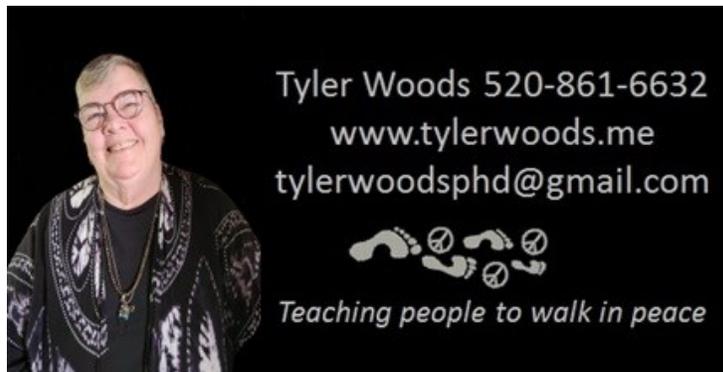
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## Let's Try on New Year's Goals—By Tyler Woods

Well, happy New Year, everyone. It is hard to believe it is 2024 already. We all get so busy time just moves so fast. I know many people make resolutions for the new year, and I am here to tell you that unrealistic New Year's resolutions will only multiply the stress we feel at times.

New Year's resolutions have a tendency to have us focus on what is wrong and how we can work to resolve it. I mean, come on, we chastise ourselves for our perceived shortcomings and set unrealistic goals to change our behavior, so it's not surprising that when we fail to keep resolutions, we end up feeling worse than when we started. We need to stop that!

For me, New Year's, I like to set a few goals. Like I am setting the goal to declutter my house, cleaning out some junk drawers and our closets and dressers. I want to get rid of some of the old that causes clutter. It is no big deal whether I do it or not; it is no big deal; it is a goal I am offering myself. I am also offering myself the chance to do a few things differently, like adding a meatless Monday and a taco Tuesday; why not? I love tacos, and I love mushroom tacos, so maybe I can do two meatless days and, in turn that may help me with my health. I have no expectations; they are just goals.

I think we need to remember to set goals and not resolutions and more importantly, we should look at things like focus on what's right. What are you grateful for? What do you have that is an advantage? Even being still alive is something to be appreciative of—each day is a new chance to make your life what you would like it to be. See how far you've come. Look back over the past year to see the progress you've made. Reflect on your successes, and let it motivate you to keep moving in the right direction.

Another thing you can do is start to compare yourself only to yourself. You will never be anyone else but you, and that is a good thing. How boring would it be if we were all the same? All you can really try to achieve is to be the best you that you can be. Do not be like your friends or people you admire, just be you because the best you are is more than enough. Take the time to look at how far you have come. Try not to focus on what is not achieved, focus on what is achieved.

We need to remember that the new year does not have to be a brand new you. Take the time to do something fun and adventurous and prioritize your health over punishing yourself. You know, "Look at what I did not get done." It is healthier to say, "Look what I did get done." If you find yourself struggling to give yourself grace and putting pressure on yourself, it may be time to reach out to a mental health professional. They can provide more tools on ways to set goals and how to create healthy boundaries with yourself.

Finally Round up your personal cheerleading squad and keep them close at hand. If you do not have a good support team, then that can be a great goal. If your goal is to eat healthier, consider asking a friend or family member to grocery shop with you to remind you to make more nutritious shopping choices, she says. Or invite a friend over to cook a healthy meal with you. Other members of your support team could include your doctor, a therapist, a personal trainer, an exercise buddy, or a peer support group, the road to support is endless.

Enjoy your New Year and all you have is you best at the moment, so focus on that rather than when you are not at your best. Make this year about going slower, stopping and giving yourself some break both mentally physically and spiritually. Be mindful and kindful to yourself. I wish you all the best for this New Year.



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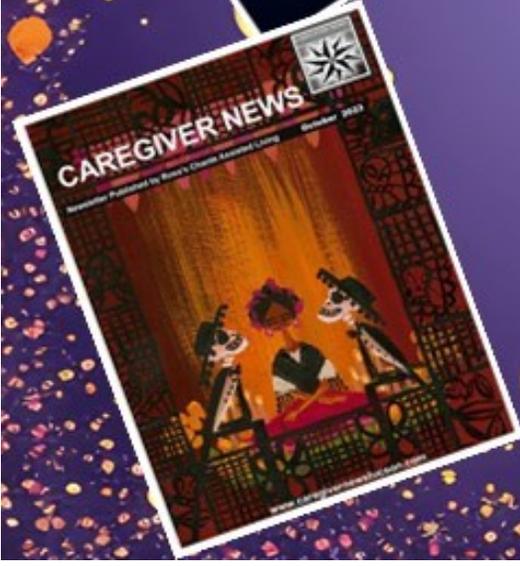
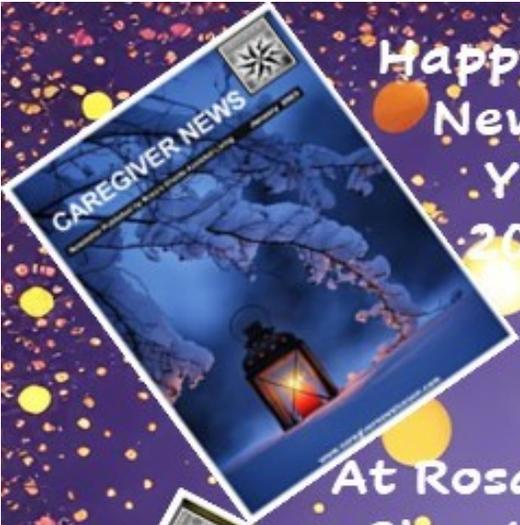
Happy  
New  
Year  
2024

At Rosa's  
Chante

From  
All of  
Us

and

Caregiver Newsletter





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## Start Your New Year by Planning to Get The Best Medical Care You Can

Start the new year with a plan to get the best medical care possible. Here are some tips that will help you ensure that for you and anyone you are caring for.

Unfortunately, many people believe doctors will somehow know when something is wrong. Doctors cannot read your mind. They do not know what you are thinking, what questions you have, or how you are feeling.

They will not know that something is wrong unless you report symptoms, or your symptoms are visible or show up on lab work or x-rays. Know your body. If something feels off, tell your provider.

Know what your priorities are and communicate those with your providers. As we age, most people have comorbidities. Treatment for one condition may contribute to another medical concern. If you know that, then you can discuss what the best treatment options are for both conditions and your overall health, *based on your priorities*. Is your priority quantity of life or quality of life? What defines quality of life for you? Being pain free? Being as active as you can be? Being able to eat what you want even if it has some negative health effects? You have choices.

Is your doctor a good fit? Ask yourself: Am I comfortable being honest with my doctor about any concerns? Do they listen to me? Do they know what my priorities are? Do they let me ask questions? Do they answer my questions in a way that I understand? Do they provide enough information for me to make informed decisions? Do they let me make the decisions about my care or do they tell me what I must do? Do they treat me with respect? Can I reach my doctor in a reasonable amount of time? Is their staff helpful? Do they explain side effects of any new medications? If I had a poor prognosis, would they tell me what my options were, or would they continue to treat my symptoms without telling me that I had a choice? Would they explain the consequences of choosing not to pursue treatment and help me find supportive services? If you do not feel comfortable enough to talk openly with your doctor, or you cannot reach them, it may be time to find another provider.

Prepare for medical appointments to get the most out of them. Complete lab or x-rays and take a complete medication list, including dosage and frequency and all over-the-counter medications. Keep all your doctors informed of any medication changes and lab results. Write down your questions before the appointment and make a copy for your doctor.

If you do not feel that you will be able to discuss concerns or remember what the doctor says, take a friend or advocate to take notes and help remember your questions.

Get to know your pharmacist. They are part of your medical team, and they have a wealth of knowledge about all medications, how they interact, side effects and alternatives.

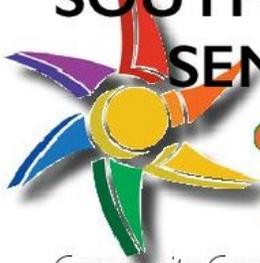
Your health is a team project. Know your body, know your priorities, and pick good team members.

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](mailto: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

1<sup>st</sup> and 3<sup>rd</sup> Thursdays

2:00-3:30

**First Meeting Thurs. November 2<sup>nd</sup>**

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

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If you, a resident, or a resident's family member and are looking for equipment and supplies think of and call Integrity Treatment Solutions. Integrity Treatment Solutions carries respiratory equipment such as Oxygen, CPAP supplies, Nebulizers, Peak Flow Meters, and aerochamber devices to be used with an inhaler. We carry knee scooters, walkers, wheelchairs, and walking canes. Ever find your resident in need of a hospital bed and mattress and can't get one? We can get you a hospital bed and mattress and set up for you in your residence. Difficulty finding quality pull ups, tab diapers, chux (disposable and non-disposable), or large cleaning wipes? Look no further. Let us know what you are in need of and we will work with you to get you the equipment and supplies you are looking for.

Integrity Treatment Solutions is locally owned by two Respiratory Therapists who have been in the medical field like many of you. We are a non-contract, hassle free company. We get it and understand our seniors who are in need of special care.

Please feel free to reach out to us for support and if we do not have what you are looking for we have other companies we work with to refer you to.

Thank you kindly,  
Kim and David Krepp

(O) 520-274-4830  
Monday – Friday 9-5 Saturday 9-1  
Call for holiday hours [www.itscpap.com](http://www.itscpap.com)

## Christmas Tree Safety



As you deck the halls this holiday season, be fire smart. A small fire that spreads to a Christmas tree can grow large very quickly.

**PICKING THE TREE**

- Choose a tree with fresh, green needles that do not fall off when touched.

**PLACING THE TREE**

- Before placing the tree in the stand, cut 2" from the base of the trunk.
- Make sure the tree is at least three feet away from any heat source, like fireplaces, radiators, candles, heat vents or lights.
- Make sure the tree is not blocking an exit.
- Add water to the tree stand. Be sure to add water daily.

**LIGHTING THE TREE**

- Use lights that are listed by a qualified testing laboratory. Some lights are only for indoor or outdoor use.
- Replace any string of lights with worn or broken cords or loose bulb connections. Read manufacturer's instructions for number of light strands to connect.
- Never use lit candles to decorate the tree.
- Always turn off Christmas tree lights before leaving home or going to bed.



### After Christmas

Get rid of the tree after Christmas or when it is dry. Dried-out trees are a fire danger and should not be left in the home or garage, or placed outside against the home.

Check with your local community to find a recycling program. Bring outdoor electrical lights inside after the holidays to prevent hazards and make them last longer.

### FACTS

- Almost one third of home Christmas tree fires are caused by electrical problems.
- Although Christmas tree fires are not common, when they do occur, they are more likely to be serious.
- A heat source too close to the tree causes more than one in every five of the fires.

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Medical house calls also appeal to patients that are too sick to drive to the doctor's office; or patients who fear getting sick while sitting in a waiting room full of germs; or patients that don't want to face the traffic that ensues while driving to the doctor's office.

Home visits allow for a more one-on-one relationship with your provider.

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## 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.



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# Humor Corner



"Hurry! Our New Year's resolutions start in ten minutes."



# Recipe Corner



## SMOKY CHEDDAR TWISTS

### INGREDIENTS

- 1 sheet puff pastry, thawed if frozen
- 1 to 2 teaspoons chipotle chili powder or smoked paprika
- 6 ounces sharp cheddar cheese, freshly grated
- 1 large egg + 1 teaspoon water, lightly beaten for egg wash

### INSTRUCTIONS

Preheat the oven to 425 degrees F. Line a baking sheet with parchment paper.

Place the puff pastry sheet on the parchment. Sprinkle all over with the chipotle chili powder (this is a bit spicy) or the smoked paprika (more smoky, less spice!). Cover with the grated cheddar cheese. Lightly press down to press the cheese to the pastry.

Use a pizza cutter and slice the pastry into 1-inch strips (I cut it from top to bottom, with the sheet horizontal). Take each of those strips and gently twist it from the edges and the center. Twist it four or five times. Don't worry if there is cheese on the parchment - it will become crispy and delicious!

Brush the pastry twists with the egg wash. Bake for 20 to 25 minutes, until puffed and golden brown. Remove and serve immediately!

Source: <https://www.howsweeteats.com/2020/11/smoky-cheddar-twists/>

# 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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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
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