



Volume 4, Issue 1

NOVEMBER & DECEMBER
2009

PHS-COMMUNITY SERVICES SYSTEM IS A DIVISION OF PIMA
HEALTH SYSTEM, PIMA COUNTY

Community Services System Caregiver "Community Link"

TIPS FOR LONG DISTANCE CAREGIVING

- Establish a telephone alert system with neighbors and friends.
 - Make sure a neighbor or friend has an extra key.
- Arrange for a local supermarket to deliver food on a regular basis, or bring in Meals on Wheels.
- Identify nearest senior center or adult day care and arrange for care recipient to go if he/she wants to.
 - Arrange for transportation.
- Identify local resources and support services by looking in your local phone directory for your Area Agency on Aging and calling them for information.
 - Keep a local telephone directory at your house.
 - Talk with family doctor and be aware of medications care recipient is on.
 - Periodically send flowers, cards or food boxes.
 - Contact HOA, telephone and electric companies to alert you if bills are not paid; or town if real estate taxes are not paid.
 - If your care recipient is elderly and confused, hire a geriatric care manager or case management agency to oversee support services.
 - Ask a neighbor or a relative living close by to keep an eye out for any problems and call you with any information.

~ RESPITE CARE ~

Remember that our Respite Program can help you get the help you need! **In-home** respite workers can give you a much needed break one or two days a week; or schedule a **temporary facility stay** for your loved one.

Please call **790-7262** for more information.

NEW 8-WEEK CAREGIVER SUPPORT GROUPS

There is no charge to attend, but
PRE-REGISTRATION IS NECESSARY. PLEASE
NOTE: All support group start dates & times are
dependent on pre-registration & participation.

Please call the listed Social Worker for specific support group location & registration.

***CENTRAL: Registration ongoing, please call Mara at 243-8378.

***GREEN VALLEY: Registration ongoing, please call Carol at 243-8374.

EAST: Registration ongoing, please call Carol at 243-8374.

NORTHWEST: Registration ongoing, please call Sonya at 243-8379

EVENING GROUP: Registration ongoing, please call Sonya at 243-8379.

***Adult Day Care Available; You must call before start of group.

SERVICES IN SPANISH: For information about support groups & counseling in Spanish or for our Spanish language newsletter, please call Sonya at 243-8379.

NOVEMBER & DECEMBER 2009 MONTHLY ONGOING GROUPS

(Open to family caregivers who have *completed* the 8-week support group)

Please call ahead and let us know you will be attending.

Central/East daytime: Last Monday of each month (1— 2:30 pm); 11/30 & 12/21

Central/East evening: 1st Wednesday of each month (6— 7:30 pm); 11/4 & 12/2

CALL MARA TO LET HER KNOW YOU'RE COMING - 243-8378

Green Valley: 1st & 3rd Wednesday of each month (1— 3:00 pm); 11/4; 12/2 & 12/16

CALL CAROL TO LET HER KNOW YOU'RE COMING - 243-8374

Oro Valley: 1st Tuesday of each month (Noon— 1:30 pm); 11/3 & 12/1

West/Tucson Estates: Last Tuesday of each month (9—10:30 am); 11/24 & 12/29

CALL SONYA TO LET HER KNOW YOU'RE COMING - 243-8379

NEW "DROP-IN" SUPPORT GROUPS

University of Arizona – Student Center - Call Mara at 243-8378

St. Phillips in The Hills - Call Mara at 243-8378

Downtown - Pima County Public Works Building - Call Carol at 243-8374

DEAR CAREGIVERS:

I once read that there are 4 rules for living a successful life and would like to review them here because they can be a helpful support during stressful times in caregiving.

Rule #1. Show up (or choose to be present).

Showing up means making sure that you are really present to the circumstance you're in and the person that you're with. You are fully present in the moment, not thinking about the past or worrying about the future. By choosing to be present we bring forward all four aspects of our human intelligence: physical, emotional, mental and spiritual.

Rule #2. Pay attention.

Listen, look and feel with all your senses, including your intuition. Soulful listening to another with full attention is a powerful way to let others know they are valued. Let reality present itself to you without judging it or denying its truth. This includes paying attention to your *own* body and your *own* feelings, as well as those of your loved one. If you've lost touch with your own needs, consider recording your experiences, feelings, frustrations and desires in a journal as a way to become more aware of your inner voice.

In addition to paying attention to yourself and the other, spend some time each day outdoors if possible, paying attention to the earth and sky, the bigger realities that encompass us all. Amid confusion and uncertainty, this can put us in touch with the loving force in the universe that connects all of life.

Rule #3. Tell the truth without judgment or blame (including self blame or guilt!)

Even if it feels scary, be real and genuine in each moment. Don't pretend you can take on more than you're capable of. Respect your own needs and boundaries. If you need time and space to decide something important, take it. Remember that honesty creates space for connecting with others. Others feel freer to ask for what they want if they know you'll take care of yourself and say no when you must.

Rule #4. Be open to outcome, not attached to outcome.

This is the hardest rule of all. It means that if you have done your best it is time to recognize and

accept that the outcome will be as it is, and that you have no further control of it. This involves developing a trust that life unfolds as it should. Rather than strive to be a "perfect" caregiver, you can realize that **love is enough**, and your inner voice can guide you in your caregiving.

*Sincerely, Mara,
Sonya, Carol & Ed*

PRACTICAL SKILLS CLASSES FOR UNPAID, INFORMAL FAMILY CAREGIVERS

**PRE-REGISTRATION IS REQUIRED.
CLASSES ARE OFFERED DEPENDENT
ON NUMBER OF RSVP'S. PLEASE
CALL CAROL AT 243-8374.**

**THE NORMAL AGING PROCESS
Discussion of normal aging process
and changes in body. Wednesday
November 4th from 1-3pm.**

**COPING WITH HOLIDAY STRESS
Adjusting expectations, obtaining help
& support, dealing with feelings of fear.
Thursday November 5th from 1-3pm.**

**CALL FOR LOCATION &
REGISTRATION.**

**There is no charge to attend. (Funded by the
Older Americans Act-Pima Council on Aging)**

***Additional Support Groups and information
from our Community Partners:***

***Alzheimer's Association Desert Southwest
Chapter 322-6601***

***Pima Council on Aging
790-7262***

***Sunstone Cancer Support Centers
749-1928***

***TMC-Senior Services Healthy Living
Connections 324-1960***

***For your copy of the Pima County Resource
Guide to Community Partners please call
243-8352.***



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HERBERT K. ABRAMS PUBLIC HEALTH CENTER
COMMUNITY SERVICES SYSTEM
CAREGIVER EDUCATION & SUPPORT PROGRAM
3950 S. COUNTRY CLUB ROAD, #400
TUCSON, ARIZONA 85714

Pima Health System
PHS

COMMUNITY LINK CHANGE—GOING ELECTRONIC

Effective November 1, 2009, the “Community Link” will no longer be mailed to you at your address. With the increases in printing and mailing, and Pima County’s need to reduce costs, a decision was made to drop the mailing of the “Community Link”. For those of you with computers, you will be able to continue to view our “Community Link” on the Pima Health System web page. The address to the direct link is: www.pimahealthsystem.org/pdf/Link.pdf

To view all archived editions of the “Community Link” you can go to www.pimahealthsystem.org, click on the newsletter button, and then scroll down to the “caregiver support” section for a selection of “Community Link” newsletters.

To view information on the Community Services System you can go to www.pimahealthsystem.org, click on programs, click on Community Services System and click on “caregiver education and support” for additional information for family caregivers.

Additionally, all the Pima County Public Libraries, as well as Pima Council on Aging and TMC-Senior Services, will have printed, current editions of the “Community Link” available. The Community Services Caregiver Classes for family caregivers will be listed in TMC-Healthy Living Connections Calendar of Events.