



Volume 2, Issue 4  
JULY AND AUGUST 2009

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

# Community Services System Caregiver “Community Link”

## YOU ARE WHAT YOU EAT

“It takes the same amount of time to make and eat a healthy meal as it does a fatty one”, says Dr. Lillie Rosenthal. “Eating junk food is no way to treat your body”

The path to a healthier diet begins in the grocery store. Which direction do you turn when you enter the store? Do you go toward the fruits and vegetables or do you make a beeline for the pastries and processed foods? Do you pay attention to nutrition labels and portion sizes? Do you eat large quantities of red meat or have you added heart-healthy fish to your diet? Better yet, are you willing to try fish two times a week and to go meatless twice per week? A study published in 2008 found that people who eat a Mediterranean diet—a diet rich in olive oil, whole grains, fruits, nuts, vegetables and fish—are at less risk of developing heart disease, cancer, Parkinson’s Disease and Alzheimer’s Disease.

Just increasing your intake of fruits and vegetables will have beneficial effects on your health. According to the U.S. Department of Health and Human Services, people who eat a generous amount of fruits and vegetables as part of a healthful diet experience, reduce the risk of chronic diseases, cardiovascular disease and stroke, type 2 diabetes, and certain cancers.

Want to learn more? Check out a healthy eating cookbook from your local library. You can also find a wealth of advice and ideas about good nutrition at these and other web sites:

1. [www.health.gov/DietaryGuidelines](http://www.health.gov/DietaryGuidelines)
2. [www.nutrition.gov](http://www.nutrition.gov)
3. [www.mypyramid.gov](http://www.mypyramid.gov)
4. [www.harvard.edu/nutritionsource](http://www.harvard.edu/nutritionsource)

Locally, the Gerontological Resource Library at PCOA has a wide range of resource books, materials and videos on nutrition and meals. To make an appointment to visit the Library at PCOA, please call the PCOA Librarian at 520-790-0504.

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### Special points of interest:

- CLASS AND GROUP SCHEDULES
- SUPPORT LETTER
- CONFIDENT FAMILY CAREGIVER

**NEW 8-WEEK CAREGIVER SUPPORT GROUPS**  
**STARTING IN JULY & AUGUST 2009**

**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 starts in July, please call Mara at 243-8378.**

**\*\*\*GREEN VALLEY: Registration starts in August, please call Carol at 243-8374.**

**EAST: Registration starts in July, please call Carol at 243-8374.**

**NORTHWEST: Registration starts in August, please call Sonya at 243-8379**

**EVENING GROUP: Registration starts in August, 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.**

**JULY & AUGUST 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); 7/27 & 8/31**

**Central/East evening: 1st Wednesday of each month (6— 7:30 pm); 7/1 & 8/5**

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

**Green Valley: 3rd Wednesday of each month (1— 2:30 pm); 7/15 & 8/19**

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

**Oro Valley: 1st Tuesday of each month (Noon— 1:30 pm); 7/7 & 8/4**

**West/Tucson Estates: Last Tuesday of each month (9—10:30 am); 7/28 & 8/25**

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

**~ 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.

## DEAR CAREGIVERS:

How do you define “confidence”? The dictionary uses the words “self-assurance,” “self-reliance,” and “certainty.” Ask family caregivers what “confidence” means to them and you’re likely to hear a slightly different description, one that includes such words as “perseverance,” “patience,” and “courage.” One of the first steps to becoming a more confident family caregiver is recognizing the fact that it’s not you; it is the disease and system that are faulty. Secondly, remember that you are not alone in your feelings. Learning to be a confident caregiver begins with a bit of self reflection. What are your strengths and weaknesses? What are you good at? In what areas do you need help? Knowing your strength and weaknesses allows you to set boundaries and can give you the confidence to say “no” as well as knowing when to ask for help. These things many family caregivers find hard to do. You can gain confidence in yourself by being prepared. Knowledge is power and being armed with an understanding of what you are dealing with definitely provides you with a powerful tool for conversing with the medical professionals taking care of your loved one. Find an ally when dealing with the healthcare system! It’s extremely helpful to find an ally within the system itself. This individual will

be more familiar with the system in general and can help you answer your questions and give you the inside story on what’s happening. You have a right to be treated as an equal partner in the healthcare team. Learn to express yourself in a way that is likely to get the results you want. What do you hope to accomplish in the short term? The long term? By expressing your goals calmly and clearly, you are more likely to get the results you want. Confidence isn’t just one thing. It’s something that’s built one step at a time.

*Sincerely, Mara,  
Sonya, Carol & Ed*

### **NEW TELEPHONE SUPPORT** **GROUP-Connect from home.**

In collaboration with TMC-Senior Services, we are offering a new and innovative way for at-home caregivers to receive additional support. EVERY WEDNESDAY, NOON to 12:45pm, we will facilitate a “call-in” tele-conference support group. Call in on every Wednesday, toll free to 1-877-903-2255 and when prompted by the operator punch the ID# 4800093, and you will then be connected with the caregiver support group facilitated by Mara and/or Sonya from PHS.

#### *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  
of Community Partners please call 243-8352.*

#### **PRACTICAL SKILLS CLASSES FOR UNPAID, INFORMAL FAMILY CAREGIVERS**

**THERE ARE NO FAMILY CAREGIVER  
CLASSES SCHEDULED IN JULY OR  
AUGUST.**

\*\*If you or someone you know would like to be added or deleted from our mailing list, please call: 243-8352



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**

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## YOU MAY BE FROM OHIO (O-HI-UH) IF:

You think all Pro-Football teams wear orange.

You know the 4 seasons as: Almost Winter, Winter, Still Winter, and Construction.

You live less than 30 miles from some college or university.

You know what a buckeye really is, and have a recipe for candy ones.

“Toward the lake” means North, and “toward the river” means South.

You know someone who was at the “10 cent beer night riot”.

You can spell words like Cuyahoga, Olentangy, Bellefontaine, Tuscarawas, Wapakoneta and you know which letter is doubled in Cincinnati.

“Vacation” means spending the day at Cedar Point.

You know what should be knee-high by the 4th of July.

You install security lights on your house, garage, and barn and then leave the doors unlocked.

You know what “pop” is.

You design your kid’s Halloween costume to fit over a snowsuit.

You measure distance in minutes.

People know if you’re from Northern or Southern Ohio as soon as you open your mouth.

You know which leaves make good toilet paper!