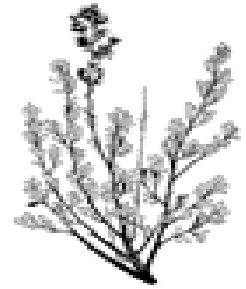


The Desert Sage

Volume 1, Issue 1
July 1st, 2007

CDPC Tucson Area Program Manager: Ben Bledsoe



Ben is an Aquarius, who was raised and schooled in the hills of Virginia. He has lived in seven states and fallen in love with each one for different reasons. Ben and his wife, Judith, met in the Peace Corps on a lovely South Pacific Island chain called Tonga.

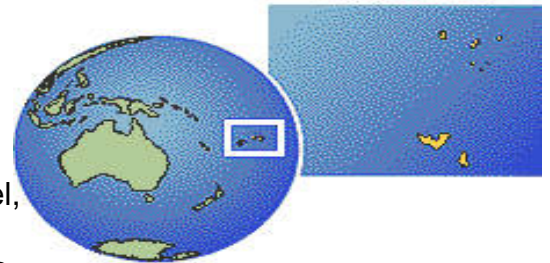


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The Bledsoe's suffered some climate shock when they relocated to Tucson from Missoula, Montana, but laughed when they wore shorts to a New Year's party.

He likes to kayak, play guitar, and travel, but is not very skilled at any of them. Ben waits anxiously every month for his National Geographic magazine, but cringes at four times as many gossip magazines in his home. He loves to meet new people and hear new stories, so come by and say hello.



Quick Notes

Our Office hours are
8 AM—5 PM
Monday—Friday

Check out our website:
www.consumerdirectonline.net
infoAZ@consumerdirectonline.net

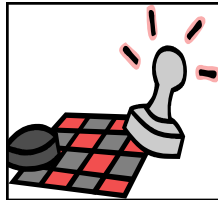
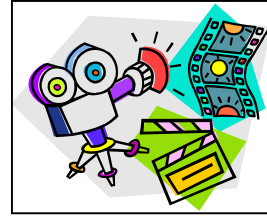
Reminder: Remember time sheets are due before midnight every Monday.





Shawnickque Parks our Administrative Assistant:

Shawnickque enjoys going to the movies- watching drama, and horror films on weekends, as well as playing board games with her two sons-Monte Jr. 14 and Trez 16, as well as husband-Monte.



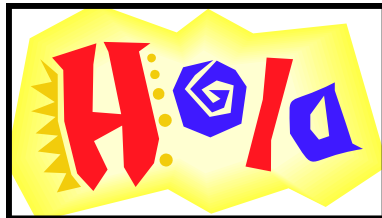
Shawnickque, a Pieces, graduated with an AA degree in Psychology from Southwestern College in Chula Vista, California. She also obtained a BS in Business Administration from San Diego State University.

Shawnickque and her family only recently moved to Tucson and are slowly but surely adapting to our triple digit summer temperatures.

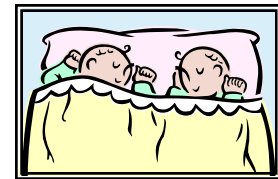
Support Coordinator-Maria Barton:

Maria Barton, a native Tucsonan, attended Palo Verde High School in the late eighties. Since then, she has obtained a BS in Business Management from the University of Phoenix.

Maria and her husband Clay, a Mortgage Loan Officer for Bank of America, have adorable 5-month old twins - Isabella and Mateo. Isi and Teo are busy chatting to anybody that will listen, love flashing their gummy smiles and just started teething. What fun for Maria and Clay!



"Hobbies...hmmm, I vaguely recall what those are," states Maria. "I do remember a time when the books I read had nothing to do with babies and/or development". When they do get out, Maria and Clay enjoy playing poker and dominos with friends.



Maria, a Taurus, is our resident Spanish-speaker. Please call or come by to say Hola.



Support Coordinator Dina Chaudhry:

Dina Chaudhry, was born in Nuernberg, Germany and has traveled extensively due to her father's Army career. Not only is Dina fluent in German, but also able to speak some Arabic and Urdu.



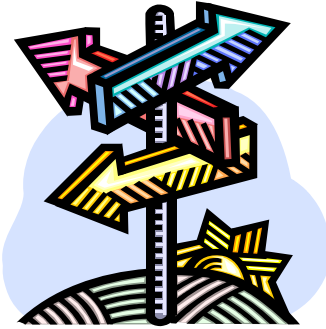
A Family oriented Aquarius, Dina loves to spend time with her family- her husband Tauheed, 15-year old son - Mishari, and 9-year old daughter – Yasmeen. Her parents, Noble and Renate, have since retired to Tucson. On any given weekend, you can find the Chaudhry family on a hiking trail. Her interests include Anthropology and learning foreign languages. She likes to "rock out" to Bangara, Arabic music with a fast beat, and watch Bollywood movies.



Although, she is a transplant to Tucson, she loves the "Old Pueblo" and all it's diversity. Please stop by and say Merhaba or Guten Tag to Dina.

SELF DIRECTION—WHAT IT MEANS

Self-directed services developed in response to advocacy groups for people with disabilities and the elderly. It gives people receiving services more choice, control and independence. People with disabilities and the elderly make decisions about the services and supports they receive, assume risk and accept responsibility for the outcome of their health care. A recipient of services is more satisfied with services, improve the quality of life and stay in their home and community.



The individual is in charge of and responsible for:

- Recruiting, interviewing and hiring their caregiver (s)
- Training their caregiver to their individual needs
- Deciding what tasks the caregiver should perform
- Scheduling
- Managing their employees
- Authorizing payment for their employees
- Dismissal of an employee
- Selecting other services and supports needed (i.e., meals on wheels)
- Designing an Emergency and Back-up Plan with emergency numbers and contacts of backup caregivers
- Reporting changes in health and living status
- Reporting satisfaction with services
- The outcome of their decisions regarding their care



The Agency is responsible for:

- Fiscal Management Activities (payroll, taxes, billing)
- Orienting and training of recipient to self-directed model and Agency policy and procedures
- Monitoring health and safety
- Reporting abuse, neglect and exploitation
- Reporting Medicaid Fraud
- Providing training materials and employee/employer forms to recipient
- Providing workman's compensation and liability to caregiver (if agency with choice model)
- Following all federal and State Medicaid rules and regulations

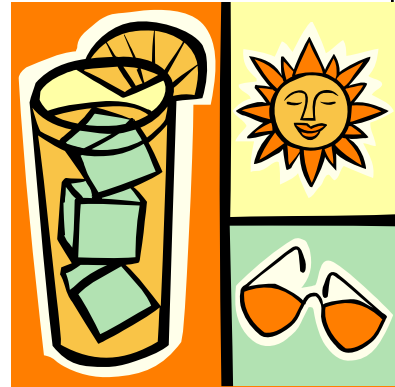
Get Involved!

There are many ways you can influence CDPC services. We strive to improve services and take your involvement and suggestions very seriously. Check out these two groups designed with you in mind.

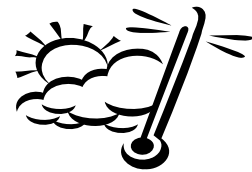
- **CDPC Safety Committee:** Meets quarterly at the Tucson office (2231 E. Speedway). This committee focuses on the safety issues and concerns faced by caregivers. It involves caregivers from all 5 states that CDPC services—Montana, Alaska, New Mexico, Nevada, and Arizona. If you are an ACW that wishes to participate in the Safety Committee, give us a call. We'll sign you up and even pay you for the time spent in the meetings.
- **Consumer Advisory Council:** This council meets monthly and is designed to gather input from Consumers. We discuss the positives and negatives of CDPC services and take suggestions on how we might improve. Occasionally, the council has guest speakers that share valuable information and resources with the group.

Beat the Heat

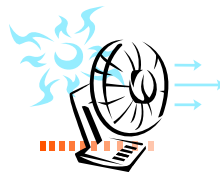
In the Tucson area, triple digit temperatures are a common occurrence in the summer months; therefore, special care needs to be taken to avoid becoming a victim of our extreme summer temperatures. The Arizona Department of Health Services reports numerous heat-related deaths annually. Heat-related illnesses can occur when high temperatures overcome the body's ability to dissipate heat. Older adults, young children, and persons with chronic medical conditions are particularly susceptible to these illnesses and are at high risk for heat-related death. Some of the symptoms for heat related illnesses include: heavy sweating, muscle-cramps, weakness, dizziness, nausea, weak but rapid pulse and headaches, reports the CDC. If you experience any of the symptoms, find shade in a well-ventilated area and drink water slowly.



Poor health, obesity, diabetes, and cardiovascular disease are all additional risk factors in heat related deaths. Living alone and being elderly are further risk factors, per Dr. Jane Potter, President of the American Geriatric Society and a professor of medicine at the University of Nebraska. "Older people are most at risk for heat-related deaths due to changes in physiology." The heat has a greater effect on the elderly population due to factors such as heart and lung disease, as well as potential interactions with certain medications. Dr. Potter states, older people don't sweat as much as younger people. "Since body cooling occurs with sweating and evaporation, people shouldn't use just fans, because fans work only when you sweat. She suggests, "cool baths or misting one's body with water to get cooling from evaporation".



Some hot-weather reminders:



- *Check on elderly neighbors and family members, the homeless and the mentally ill
- *Never leave kids, pets or people needing special care in a parked car
- *Supply your pets with plenty of water and a cool, shady place to rest
- *Avoid strenuous outdoor activities
- *If you must be outdoors, try for the early morning hours, wear protective clothing, use sunscreen- with a skin protection factor of at least 15, take frequent breaks and don't forget to carry water
- *Don't wait until you feel thirsty to drink water or sports beverages - but avoid drinks containing dehydrating alcohol or caffeine
- *Cover your head outside
- *Wear lightweight clothing
- *If you're in a building without air-conditioning, keep some windows or doors open slightly. Better yet, visit an air-conditioned mall or public library
- *Cool down with baths or showers - but not immediately after becoming overheated

Connie Midey, The Arizona Republic; Jane Potter, M.D., president, American Geriatric Society, and professor of medicine, University of Nebraska, Omaha; July 28, 2006, CDC's Morbidity and Mortality Weekly Report; Associated Press

WORD SEARCH PUZZLE

Summer 2007

N S E D O S E I L R O S X M N G E C C E
T N M I Y I U D P R E A E O E Q D C H I
H M X N W V W T A H I Y S L A E E N E F
N N A A H D A B A H R E M E R H H M F T
E F H B C I J I S E S L T R E S E D T O
H F Y H R P H S M C D C E O I A A X H O
E X F A N S M U E C M F X T X E T O A G
F T M E F U S A N F S P E E D W A Y R E
E B B E H N E H X N R O G S I E C P W I
P J J S O B W E A N I O A P N G H A F U
H I K C L L A R P W O L S U J M S M E M
O P K S A O T E S D N G S E O E H B N S
J H A V E C E H S R W I M P J F T N B D
I O B L I K R A Q F J F C N A I C E E C
N M J S C K E L T D L D R K J H G E N O
E E V S I E S P E A C S D S Q P D I N L
O R P R V N A N X Y R T E D G U N T S A
P F D L L X H R Q S G T L R R K E D Q O
N N X Q W I C A J P F E F N Y V V S L O
E F P N Y B P M F R E O S T K P B A K T

Find the following hidden words:

Shawnickque, Ben, Maria, Shade, Dina, Heat, Sun, Water, Sage, Desert, Consumer, Hat, Hola, Merhaba, ACW, Speedway, Pool, Sunblock

The first correctly returned entry will receive a prize. Only post marked entries valid.



Grilled Meatball Kebabs

Serving: 4

Preparation Time: 20 min

www.weightwatchers.com

Cooking Time: 10 min

Ingredients

- 1/2 cup dried bread crumbs
- 1/4 cup 1% low-fat milk
- 1 pound raw lean ground beef
- 3/4 oz romano cheese, grated (about 1/4 cup)
- 2 large egg white's
- 2 medium garlic cloves coarsely chopped
- 2 tsp dried parsley
- 2 tsp dried oregano
- 1/2 tsp table salt
- 1/2 tsp black pepper
- 1 medium sweet red pepper, cut into sixteen chunks
- 1 medium onion, cut into sixteen 1-inch pieces

Instructions

1. Soak eight 10-inch skewers in water to prevent them from burning on grill.
2. In small bowl, mix bread crumbs and milk; set aside 5 minutes. Heat grill.
3. In food processor, combine beef, cheese, egg whites, garlic, herbs, salt and pepper. Strain bread crumbs and squeeze lightly to extract excess milk. Add to beef mixture and process just until blended.
4. With moistened hands, shape mixture into 16 meatballs, about 2 inches in diameter. Holding two skewers at a time, alternately thread 4 chunks of red pepper, 4 chunks of onion and 4 meatballs onto parallel skewers, beginning with pepper. Repeat with remaining skewers.
5. On lightly oiled grill, cook kebabs for 8 to 10 minutes, rotating about every 2 minutes to cook evenly. Meatballs should be just cooked through, but not overcooked.



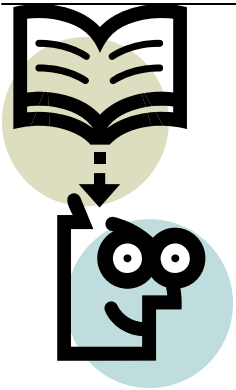
Self-Directed Attendant Care

TO:

2231 East Speedway Blvd.
Tucson, AZ 85719

Phone: (520) 398-8409
Toll Free Phone: 888-398-8409
Fax: (520) 398-8413
Toll Free Fax: 877-398-8413

E-mail: inforAZ@consumerdirectonline.net
Website: www.consumerdirectonline.net



RESOURCE PAGE

Information and Referral Services
3130 N. Dodge Blvd.
Tucson, AZ 85716
520-881-1794 or 1-800-362-3474

Pima Council on Aging
8467 E. Broadway Blvd.
Tucson, AZ 85710
520-790-7262

Community Food Bank
3003 S. Country Club
Tucson, AZ 85713
520-622-0525



Happy 4th of July!
Reminder: CDPC will be closed on
Wednesday July 4th

