



Tucson Place
at Ventana Canyon

Your Tucson Senior Wellness Checklist

A PRACTICAL COMPANION FOR STAYING WELL IN TUCSON'S DESERT CLIMATE

Living well in Tucson means paying attention to a few things a generic wellness guide won't cover, like heat, hydration, and timing. Use this checklist on your own, or alongside a loved one, to see where things stand and what might be worth a closer look.



Sleep

Quality sleep supports memory, mood, and immune health, but sleep problems are common in later life and often go unaddressed.

- ☐ I get close to eight or nine hours of sleep most nights
- ☐ I wake up feeling rested more often than not
- ☐ I haven't been told I snore loudly or gasp for air during sleep
- ☐ I've talked with a doctor about ongoing sleep trouble, not just accepted it

Hydration

Tucson's dry heat makes dehydration sneak up faster than in a humid climate, especially since thirst becomes a less reliable signal with age.

- ☐ I drink water on a schedule, not just when I feel thirsty
- ☐ I keep water within easy reach throughout the day
- ☐ I eat water-rich foods like fruit, soup, or vegetables regularly
- ☐ I limit time outdoors during the hottest part of the day

Activity

Movement supports memory and mood as much as physical strength, and timing it around the heat makes it easier to keep up.

- ☐ I move most days, even if it's just a short walk
- ☐ I schedule outdoor activity for early morning or evening
- ☐ I check air quality before heading out during monsoon season
- ☐ I have a backup plan for indoor movement on extreme heat days

Medications

Managing several medications gets more complicated with age, and a missed interaction is usually easier to prevent than to fix.

- ☐ I keep one current list of every medication, including over-the-counter drugs
- ☐ I bring that list to every doctor's appointment
- ☐ I understand what each medication is for
- ☐ A doctor or pharmacist has reviewed my medications in the past year

Mental Health

Depression and anxiety are common in later life but often go unrecognized, since symptoms don't always look the way people expect.

- ☐ I feel like myself most days, or I've noticed when I don't
- ☐ I've talked to a doctor about my mood, not just my physical health
- ☐ I can tell the difference between normal ups and downs and something worth mentioning
- ☐ I have someone I'd actually tell if I were struggling

Brain Health

The brain stays adaptable well into later life, and staying mentally engaged is one of the more reliable ways to support that.

- ☐ I regularly do something that challenges my thinking, like reading or puzzles
- ☐ I try new skills or activities instead of only familiar ones
- ☐ I've mentioned any new memory or word-finding changes to a doctor
- ☐ I know memory loss isn't just "normal aging" and deserves attention

Socialization

Regular contact with others supports both mood and cognitive health, and it tends to work best when it's scheduled rather than left to chance.

- ☐ I have regular contact with friends or family, not just occasional check-ins
- ☐ I'm part of a class, club, or group with a consistent schedule
- ☐ I've looked into community programs or options built for staying social
- ☐ I reach out first sometimes, rather than waiting to be invited

Want support putting this into practice?

Tucson Place at Ventana Canyon is here to help. Call (520) 732-2135 or scan the QR code to visit our website.



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