

Celebrating Your Health & Lifestyle

March 2018

LiveWell

The Sun Health Way



Making the Move

Prescott residents find new home in Sun City West

Preparing for the Unexpected

Proactive planning for your future health care needs

Kidney Health 101

Learning about chronic kidney disease and how to keep kidneys as healthy as possible

Celebrating Banner Del E. Webb Medical Center's 30th Anniversary



Sun Health™

For our community friends



Dedicated to Your Needs

With a dedicated focus on health, wellness and recovery, every aspect of Grandview Terrace Health and Rehabilitation is designed to make a difference in the lives of those we serve through enhanced and personalized programs.

Grandview's team of certified and licensed professionals is available 24/7 to provide guests with a flexible range of assistance with everyday living. From help with personal hygiene and assistance with meals to medication administration and management, we can personalize our services to meet your needs.

We're Here When You Need Us.
Call 623-975-8100.



14505 W. Granite Valley Dr.
Sun City West, AZ 85375

623-975-8100

[sunhealthseniorliving.org/
grandview](http://sunhealthseniorliving.org/grandview)



Grandview Terrace Health and Rehabilitation offers:

- » Assisted Living
- » Skilled Care
- » Memory Support
- » Transitional Rehabilitation and Short-Stay Programs
- » Outpatient Rehabilitation

Our services are geared toward individuals who need:

- » A flexible range of assistance with everyday life
- » Rehabilitation after a stroke, fractured hip or other decline in independence
- » Memory support services
- » Respite care

Welcome to *LiveWell*

A magazine produced specifically for you

Sun Health Mission Statement:
 Sun Health champions healthy living,
 research and superior health care.

Sometimes the end of a story is really the beginning of another chapter. In this issue of *LiveWell*, we celebrate good stories – and new beginnings.

Let's start with the story of Banner Del E. Webb Medical Center and donors like Louisa and Birt Kellam, Aloise Wrobel, and Ernie and Lill Mueller, who have been supporting the hospital's various chapters over the past 30 years.

Then, you will experience the journey of Clark Engle, who left Prescott for Grandview Terrace three years ago. This chapter of his life is a lot different, and he is happy about it.

Next, please take the time to learn about advance directives, which can give you more control over how your own story unfolds. And one last story I hope you'll read is our piece on kidney disease, which gives an overview of the condition and important health tips.

I hope you enjoy all of our stories in *LiveWell*. There's a lot to take in. Once you do, please share your thoughts with us at information@sunhealth.org.

In good health,



Ron Guziak
 President & CEO, Sun Health

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Clark Engle



Sun Health at Home

Please follow us on:



On the cover: 1994 photo of Banner Del E. Webb. Sun City West (foreground) and Surprise (top) (Photo: Phoenix Photographic)

Celebrating

Banner Del E. Webb Medical Center's 30th Anniversary

Donor support plays major role in hospital's development and growth



In 1988, Sun Health opened Del E. Webb Memorial Hospital to serve the new Sun City West retirement community. Construction was made possible with \$9 million in donations through the Sun Health Foundation. Since then, the community's generosity has allowed Del E. Webb to enhance and expand services for the growing West Valley. While the hospital ownership transitioned to Banner Health in 2008, the Foundation remains the exclusive philanthropic partner of Banner Boswell and Banner Del E. Webb medical centers. We achieve our mission of supporting superior health care in the West Valley through the generosity of community donors who invest their time, talent and treasure through Sun Health Foundation.

Lill and Ernie Mueller

Lill and Ernie Mueller learned early on that hard work, grit and a little luck could be a ticket to a better life, a common dream in the Chicago working-class neighborhood where they grew up.



Being of modest means gave the Muellers a strong work ethic and a soft spot for those less fortunate. "We've always

thought that helping people is the best thing you can do," says Ernie.

After 30 years, Ernie and Lill sold their heating and air conditioning business in North Chicago and retired to Arizona. The Muellers invested wisely, which gave them the opportunity to support causes they believe in, like health care.

The couple, married for 69 years, has helped countless people in the Northwest Valley through contributions to Sun Health Foundation, including a generous donation that enabled Banner Del E. Webb Medical Center to expand in 2009. Today, the main-entrance lobby at Banner Del E. Webb bears their name.

"We know that Sun Health and Banner are very good causes," Lill says. "They help all the people around here, and if we didn't give back in some way, then they couldn't do the job they're doing today."



ALLEN BUTLER



Louisa and Birt Kellam

Soon after Louisa and Birt Kellam moved to Sun City West, a national study evaluating the cost efficiencies of the 4,000 biggest hospitals in the country was released. Boswell Memorial Hospital, now Banner Boswell Medical Center, was No. 1. And, Del E. Webb Memorial, now Banner Del E. Webb Medical Center, was No. 6 in the nation.

“Because of that, I joined the Sun Health Foundation board,” Birt says. “I really got interested because of that report and because the Foundation raised \$340 million from the community.”

Louisa has a passion for superior women’s health care and having access to it nearby.

“Before we had the Center for Women’s Health, women had to leave Sun City West to get important health services,” she says. “We also had trouble keeping physicians here, because OB/GYNs want to serve women of all ages. So, now it is wonderful for both new mothers and grandmothers.”

For Birt, having a superior medical center nearby is crucial.

“You don’t have to go to Los Angeles or Chicago,” he says. “This community is fortunate to have high quality cardiac care and an orthopedic center of



excellence. Now we have the Banner MD Anderson Cancer Center services on the Boswell campus and are continuing to expand cancer care on both the Boswell and Del E. Webb campuses.”

According to the Kellams, there are residents in the area who may not know the history of Sun Health and why it’s important.

“The younger people who are moving here are healthy and vibrant now, but sooner or later they will need superior care also,” Louisa says. “So it is an investment in their future wellbeing to get involved now while they can see the exciting things going on.”

Aloise Wrobel

A trailer on Meeker Boulevard, staffed by a single doctor.

That was the available health care services in Sun City West in 1981 when Aloise Wrobel and her husband Eldred moved from Wichita, Kansas.

Walter O. Boswell Memorial Hospital, now Banner Boswell Medical Center, was several miles away in Sun City.

“When I found out Sun Health was building a hospital

in Sun City West, I thought it was wonderful,” Aloise says. “We wanted all the support that was possible in our own area, for one reason, because my husband was not well.”

Eldred later passed, and Aloise found purpose in giving both her volunteer time and her philanthropic support to Sun Health. She and second husband Richard also donated annually, with some of their gifts buying hospital beds and contributing to other critical services.

“We are put in this world, if possible, to give back. It is the best feeling you can ever have,” Aloise proudly states. “It is wonderful to have Banner Del E. Webb Medical Center in our own neighborhood, especially if you have an emergency, you don’t have far to go.”

Looking to the future, Aloise hopes the community will continue supporting Sun Health Foundation and the Banner medical centers.

“If you want good community health care from the hospital, you have to support the hospital,” she says.



Reach Your Sun Health Foundation Development Directors

Pamela Kohnen, Sr. Development Director
pamela.kohnen@sunhealth.org • 623-832-5735

Wendy Nelson, Development Director
wendy.nelson@sunhealth.org • 623-832-5323

Bonnie Olsen, Development Director
bonnie.olsen@sunhealth.org • 623-832-5566

Claudia Vazquez, Development Director
claudia.vazquez@sunhealth.org • 623-832-4323



Making the Move

Prescott residents find new home at Grandview Terrace in Sun City West

By Shanna Hogan

The distance from Prescott to Sun City West is less than 100 miles. But for former Prescott resident Clark Engle, the two Arizona cities have some drastic differences.

“I loved the Valley and the atmosphere, but I never liked the weather,” he says. “Prescott has four seasons.”

Three years ago, however, Clark discovered his perfect sanctuary from the summer heat when he moved from Prescott to Grandview Terrace.

“The biggest challenge is living through the summer, but you don’t have to worry about that here,” he says. “With Grandview Terrace, everything is indoors. You don’t have to go out for anything if you don’t want to.”

While living in Philadelphia in the ‘80s, Clark traveled to Arizona for business and fell in love with the state. During one of his trips, he bought a plot of land in Prescott, and he and his wife moved to Arizona in 1998 and built a house. Just months after the home was complete, tragedy struck when Clark’s wife was

diagnosed with pancreatic cancer and died shortly after, at the age of 64.

“She never really got a chance to appreciate the house,” Clark says.

Suddenly a widower, Clark got involved in the Yavapai College, where he was a chairman of the board for senior education programs. He kept active, singing in four choirs and taking classes.

“I had to do something with my life,” he says. “I took all kinds of cooking classes and really enjoyed it. I ended up really enjoying cooking.”

But living in a large house alone in Prescott was lonely and the silence was deafening. Then, a friend from Prescott suffered a stroke and wasn’t discovered for more than six hours. Clark realized if he had a medical emergency, he might not be discovered for days.

“I lived in a big house all by myself,” he says. “I said I would probably lie there six days before someone found me.”

Soon after, he received a brochure for Sun Health, attended a seminar and toured Grandview Terrace.

“I couldn’t believe what I heard. It sounded perfect for me,” Clark says. “After I saw Grandview, I said this is the right place for me to be. I put down a deposit and made the move.”

He says he hasn’t regretted a thing. In fact, he’s been such a fan of the lifestyle he has enticed two couples and two single friends from Prescott to also make the move. One friend, who Clark knew for 17 years, moved just down the hall from him.

Surrounded by hundreds of residents, Clark is no longer lonely.

“Living here, you just have to step out your door and it’s like you are on Main Street,” he says. “There are people all over the place.”

The peace of mind has allowed him to make the most of his life. He has made new friends and is involved in many of the Sun Health programs, including movie and musical nights. One friend recently told him, “I have less stress here than I have ever had in my life.” Clark says he has similar sentiments.

“The fact that everything is in the same place is so convenient,” he says. “You really don’t have any worries. It’s wonderful.”



Learn more about Sun Health's
three Life Care communities —
623-236-3767 or
sunhealthseniorliving.org

ALLEN BUTLER

EXPANDING OUR *Reach*

MORE ARIZONA RESIDENTS SEEKING LIFE CARE COMMUNITIES

After discovering there were not any Life Care communities available to the residents of Prescott and the surrounding area, we made a commitment to educate this population about their options. As a nonprofit organization, we felt strongly that active adults in this area should be aware of our three award-winning Life Care communities – Grandview Terrace, La Loma Village and The Colonnade, and have the opportunity to invest in their future.

Four years ago, we reached out to the residents of Prescott, offering workshops that explained the benefits of living at a Life Care community, including resort-style amenities, distinctive floor plans, regularly scheduled outings, recreational activities and health and rehabilitation services. The response was very well received and we have since been able to help many individuals make the decision to move into a Sun Health Life Care community that provides more freedom of choice, predictability of health care costs and peace of mind.

Our Life Care communities promote healthy living by embracing the physical, social, spiritual and intellectual needs of our active residents to enhance their life.

Whether these individuals permanently move to our communities or become seasonal residents, they will have a guaranteed lifetime access to health care and a wonderful community to call home.

Learn about Sun Health’s Life Care communities, and find out about the next workshop taking place in Prescott in April at Sunhealthseniorliving.org.



Jackie Lusson,
Corporate Director of Sales
for Sun Health Senior Living
623-236-3767 or
information@sunhealthsl.org



Preparing for the Unexpected

Proactive planning for your future health care needs

By *Meghann Finn Sepulveda*

Communicating individual medical wishes through advance directives such as a living will and a health care power of attorney is important at any point in life, especially as we age. These legal documents are key to making sure your medical decisions are known before a health crisis occurs and you are unable to speak for yourself. In addition to talking with your family members, there are many tools and resources available that can guide you through the entire planning process.

Act now

A living will is a legal document that gives individuals the opportunity to specify their medical wishes including instructions for treatment. It is usually paired with a health care power of attorney, a document that appoints someone you choose to make medical decisions on your behalf in case you are unable to do so.

“It’s a good idea to prepare these documents while you are healthy and independent,” says Linda Esparza, R.N., Sun Health at Home

wellness coordinator. “In addition to writing this information down, it’s also important to verbalize your medical wishes, especially to the person who has been identified as your health care power of attorney.”

Other details included in a living will may specify after-death decisions such as organ donation and even funeral arrangements.

Linda, who is a knowledgeable resource to Sun Health at Home members, says individuals should speak to their doctor or lawyer if they have questions about these documents or need to update them. A Life Care plan packet, including living will and health care power of attorney forms, among other important documents, is available online at no cost through the Office of the Arizona Attorney General.

Record and file

Once your documents are completed, you are encouraged to provide a copy to the people who are most important to you, along with your doctor(s) and local Banner Medical Center.



The Vial and File of Life are two key tools available to the community

“You can also register these advance health care directives for free with the State of Arizona Advance Directive Registry, which are then electronically stored and readily available if needed,” Linda explained.

Another important resource is Sun Health’s Vial of Life, which contains an easy-to-complete medical form that is kept in your refrigerator and can be quickly accessed by loved ones and medical personnel if an emergency occurs. Simply placing a sticker in your window alerts first responders that this information is available. Please verify that first responders in your area are familiar with the Vial of Life program. The File of Life is a portable flash drive that holds emergency medical information and can be stored on a key chain or taken with you during travel.

“Both of these tools were designed as a service to the community and intended to be an easy and fast way for people to share their personal medical information, which is extremely helpful in the event of a medical emergency,” Linda says.

Be prepared to execute

While it’s not pleasant to think about, the truth is that an accident or illness could strike at any time. Having a plan in place can guarantee your medical wishes will be honored and implemented.

All Sun Health at Home members can discuss the details of these advance directives with their personal wellness coordinator, a

highly trained and experienced nurse or social worker, who is available to act as a health care advocate, explain medical terminology and answer questions.

“The conversation about advance directives is one we have on the very first day a member joins Sun Health at Home,” Linda says. “While it can sometimes be difficult to talk about, having this information prepared in advance can alleviate worry and give you and your family greater peace of mind.”

Want to learn more about Sun Health at Home?

Join us for a no-obligation Discovery Seminar. Events are held at the Sun Health Center for Health & Wellbeing, 14719 W. Grand Ave., in Surprise, except where otherwise noted.

- Thursday, March 1 at 1 p.m.
- Monday, March 5 at 3 p.m.
- Thursday, March 15 at 11 a.m.
- Tuesday, March 20 at 11 a.m.
Sun City Grand Cimarron Center (Agua Fria Room) 17100 W. Clearview Blvd., Surprise.

Visit sunhealthathome.org/seminar or call 623-227-HOME (4663) to RSVP.

KIDNEY DISEASE

Kidney Health 101

Learning about chronic kidney disease and how to keep kidneys as healthy as possible

By Alison Stanton

As we get older, our kidney function will naturally begin to decline.

“After the age of 40, kidney function will commonly decrease, due to the loss of kidney cells called nephrons,” says Mandip S. Kang, M.D. FASN, a nephrologist with Southwest Kidney Institute and author of the Gold Award winning book “The Doctor’s Kidney Diets.”

In addition to age, Dr. Kang, who is affiliated with nearby Banner medical centers, says a number of health conditions can also negatively impact the kidneys.

“Diabetes is the No. 1 cause of kidney disease in the United States, and high blood pressure is second,” Dr. Kang says, adding that an acute type of nephritis called glomerulonephritis can also cause chronic kidney disease (CKD), along with urinary tract infections, blood infections, smoking and undergoing certain medical procedures like angiograms and surgery.

“We also tend to see more chronic kidney disease in certain races, including African Americans, Pacific Islanders, Asians and Hispanics.”

In order to measure kidney function, Dr. Kang says he uses an eGFR, or estimated glomerular

filtration rate. This is a computerized number that shows how much volume the kidneys can filter each minute. A healthy kidney should be able to filter 120 ml/minute, he says.

According to Dr. Kang, CKD is divided into five stages. In stage 1, patients will have a GFR of 90 ml/minute or higher, along with some evidence of damage to the kidneys as diagnosed with an ultrasound and/or evidence of blood in the urine.

Patients in stage 2 will have a GFR of 60-89 ml/minute along with the aforementioned evidence of kidney damage, and those in stage 3 will have a GFR of 30-59 ml/minute.

“Stage 3 is what we call moderate chronic kidney damage and it’s also about the time we start to see other issues like anemia,” Dr. Kang says.

Stage 4, or severe CKD, involves a GFR of 15-29 ml/minute, and stage 5 is end-stage kidney disease or kidney failure.

“Stage 5 is when we start dialysis or look into a kidney transplant,” Dr. Kang says.

Overall, 30 million Americans, or 15 percent of adults in the United States, have some form of CKD, which Dr. Kang notes is higher than the prevalence of diabetes.

“The symptoms of CKD vary,” Dr. Kang says. “They include fatigue, a lack of energy, trouble sleeping at night, difficulty concentrating, dizziness, feeling cold, restless legs and nausea.”

In order to keep their kidneys functioning as well as possible, Dr. Kang suggests that people keep the acronym DAME in mind:

“‘D’ refers to diet and getting healthy nutrition and ‘A’ is the activity part. People should aim to be physically active and join a gym, play golf or tennis—whatever they like doing,” he adds.

“‘M’ refers to medication and knowing if what they are taking can hurt their kidneys. This includes over-the-counter medicines like anti-inflammatories and herbal remedies. And ‘E’ means to educate themselves about chronic kidney disease and how to prevent it.”

According to Dr. Kang, if someone has been diagnosed with one of the early stages of CKD, the top priority is to determine the cause.

“For example, is it because of diabetes, high blood pressure or a surgical procedure? Once we know the cause, we can remove it or help improve it and delay further decline of the patient’s kidney health,” he says.

NUTRITION FOR KIDNEY HEALTH

According to Tracy Garrett, a registered dietitian nutritionist with the Sun Health Center for Health & Wellbeing, promoting healthy blood pressure and blood sugar levels are the biggest factors in the prevention of Chronic Kidney Disease (CKD).

"For those who want to prevent CKD, the emphasis is on a healthy, balanced eating plan, which would include a focus on plant-based foods, lean meats, low-fat dairy and would exclude alcohol, processed foods and added salt."

For those individuals who have been diagnosed with CKD and want to eat properly, Tracy says the complex nutrition recommendations can feel overwhelming.

"The previous emphasis on fruits and vegetables may now include recommendations to restrict certain fruits or vegetables or starches, such as oranges, beets or potatoes. The type and quantity of protein may warrant a modification as well, based upon lab results," she says.

"The good news is that Medicare and many health insurance plans cover nutrition consultations for those with CKD who are not on dialysis." A consultation with a registered dietitian can help those with CKD develop a personal nutrition plan.

To learn more about kidney health, CKD and nutrition benefits for those with diabetes or CKD, call the Sun Health Center for Health & Wellbeing at 623-832-9355 or attend our class, "Nutrition & Kidney Health," on Mar. 15 or Mar. 22. See page 14 for information about this and other related classes.



Selected by Registered Dietitian Nutritionist Susan Welter from the Sun Health Center for Health & Wellbeing for its nutritional content

As part of Kidney Health month, we share this healthy recipe that is also kidney-friendly.

Curried Turkey and Rice

Ingredients

- 1 teaspoon vegetable oil
- 1 pound turkey breast cut into 6 cutlets of equal size
- 1 medium onion, chopped
- 1 tablespoon unsalted margarine
- 2 teaspoons curry powder (Curry powder can be found in mild or spicy.)
- 2 tablespoons flour
- 1 cup low-sodium chicken broth
- 1/2 cup nondairy creamer
- 1 teaspoon sugar
- 2 cups cooked white rice

Directions

1. In a large skillet, heat oil. Add turkey. Cook, turning once until no longer pink, for about 10 minutes. Place turkey on plate. Cover with foil to keep warm.
2. In same skillet, melt margarine. Add onion & curry powder. Cook, stirring for 5 minutes. Add flour, stirring constantly.
3. Stir in broth, nondairy creamer and sugar. Stir occasionally until thickened.
4. Return turkey to skillet. Cook, turning to coat until heated through, about 2 minutes.
5. Serve turkey and sauce over rice.

Nutritional Information:

Per serving: 193 calories; 5 g fat; 1 g fiber; 20 g carbohydrates; 18 g protein; 14 mg cholesterol 27 mg sodium, 156 mg potassium, 25 mg calcium; 88 mg phosphorus

Serves: 6

For more healthy recipes, visit SunHealthLiveWell.org

Recipe courtesy of RSNhope.org

Classes & Events

REGISTRATION REQUIRED!
SPACE IS LIMITED, SO REGISTER EARLY.

 **Register online beginning at 6 a.m.**
 Visit sunhealthcommunityeducation.org

 **Register by phone beginning at 8 a.m.**
 623-207-1703 *except where noted*

CLASS SIZES ARE LIMITED. Events with fewer than 10 reservations are subject to cancellation. If you are unable to make a class you are registered for, contact us within two business days prior.

 **Classes with this icon have an associated fee. Class fees are nonrefundable unless the class is canceled.**

LOCATION KEY:

- Banner Boswell/Chapman Conf. Room** — Support Services, 2nd Floor, 13180 N. 103rd Dr., Sun City
- Banner Boswell/Juniper Conf. Room** — Support Services, 2nd Floor, 13180 N. 103rd Dr., Sun City
- Banner Boswell/Memorial Hall West** — Support Services, 1st Floor, 13180 N. 103rd Dr., Sun City
- Center for Health & Wellbeing** — Sun Health Center for Health & Wellbeing, 14719 W. Grand, Surprise
- Faith Presbyterian Church** — 16000 N. Del E. Webb Blvd., Sun City
- Grace Bible Church** — 19280 N. 99th Ave., Sun City
- Grandview Terrace Ballroom** — Grandview Terrace, 4th Floor, 14515 W. Granite Valley Dr., Sun City West
- Grandview Terrace H&R** — Grandview Terrace Health and Rehabilitation Center, 14505 W. Granite Valley Dr., Sun City West
- Iora Primary Care** — 13940 W. Meeker Blvd, Suite 101, Sun City West
- La Loma Village H&R** — La Loma Village Health and Rehabilitation Center, 14260 Denny Blvd., Litchfield Park
- La Loma Village MPR** — La Loma Village Multi-purpose Room, 2nd Floor, 14154 Denny Blvd., Litchfield Park
- PORA** — PORA Learning Center, 13815 W. Camino Del Sol, Sun City West
- Sun City West Foundation/Webb Room** — 14465 W. RH Johnson Blvd., Sun City West
- The Colonnade** — 19116 N. Colonnade Way, Surprise

CANCER CARE

Healthy Meal Prep for Cancer

Fridays, Mar. 2 & 16; 10 to 11 a.m.

Join Chef Debra of Cancer Support Community of Arizona to learn about Ginger Goodness (3/2) and Taming Turmeric (3/16).

Location: The Colonnade

DIABETES CARE

Annual Diabetes Self-Management Education

Monday, Mar. 12; 9 to 11 a.m.

This class is for those who have previously completed a Diabetes Self-Management program. Sun Health's certified diabetes educators will provide you with the latest recommendations as part of your annual Medicare/health insurance benefit for diabetes support. **Please call 623-832-WELL (9355) by Mar. 7 to register. Fee covered by most insurance plans.**

Location: Banner Boswell/Chapman Conference Room

Diabetes Support Group

Monday, Mar. 19; 3 to 4 p.m.

This monthly group is for individuals who have diabetes or prediabetes to gather together to share and learn in pursuit of healthy living. **Registration is not required.**

Location: Center for Health & Wellbeing

HEALTH & WELLBEING

Living with Meaning & Purpose After 65

Thursday, Mar. 1; 10 to 11:30 a.m.

There is a direct correlation between our overall health and our purpose that gives our life meaning. As we consciously age in a rapidly changing world, Terry Musch, executive coach, will discuss how we see our role in this significant moment.

Location: Iora Primary Care

Making the Most of Limited Resources: Tips for You & Your Neighbors

Monday, Mar. 5; 9:30 to 11 a.m.

Join representatives from Banner Olive Branch Senior Center Community Fund of Sun City West to learn about resources and discounted services available for local residents to stretch their hard-earned dollars.

Location: SCW Foundation/Webb Room

Take a Tour of the Sun Health Center for Health & Wellbeing

Tuesday, Mar. 6; 11 a.m. to noon

Tour the Sun Health Center for Health and Wellbeing to learn about its services and meet the staff.

Location: Center for Health & Wellbeing

Understanding & Supporting Your Lymphatic System

Monday, Mar. 12; 2 to 3:30 p.m.

The lymphatic system is instrumental in keeping us healthy and our immune system strong. Catherine Tatum, CLT & LMT, presents four easy ways to boost your lymphatic system, detox and feel healthier.

Location: The Colonnade

It Could Happen to You: Don't Leave Your Loved Ones Guessing

Monday, Mar. 19; 9:30 to 11 a.m.

Have you thought about what would happen to your loved ones if you passed unexpectedly? Do you have your affairs in order? Join Benevilla CARES Program Director Shannon Haines, BSHS, and Claudia Rumwell, RN, to learn how to be prepared for the unexpected.

Location: SCW Foundation/Webb Room

💰 Lifestyle Interventions for Age-Related Muscle Loss

Friday, Mar. 23; 1:30 to 3 p.m.

Sarcopenia is the age-related, progressive loss of skeletal muscle that can lead to mobility issues, weak bones, falls and fractures, and a loss of physical function and independence. Join Center for Health & Wellbeing staff to learn how exercise and nutrition can help prevent or treat sarcopenia. **Note: Registration for this class requires 10 class credits (\$10). Class will be videotaped.**

Location: Center for Health & Wellbeing

Applying for Long-Term Aid in Arizona

Monday; Mar. 26; 1:30 to 2:30 p.m.

Attorney Lora Johnson will explain how to not outlive your money when facing the expenses of long-term care in a nursing home or in your own home as well as the "ins and outs" of applying for ALTCS/Medicaid in Arizona. What is the benefit and how does it work?

Location: Faith Presbyterian Church

Who or What is Pushing Your Buttons?

Tuesday; Mar. 27; 10 to 11:30 a.m.

Kaye Bahr, mind-body wellness practitioner, uses guided imagery to reframe your thoughts and beliefs around stress, while promoting understanding of how it affects your life and health.

Location: La Loma Village/MPR

💰 Grateful Aging

Wednesday; Mar. 28; 2 to 3:30 p.m.

A lot of attention focuses on the physical losses associated with aging. Sally Charalambous will address the mental, emotional, and spiritual gains that can be realized. We will examine the pitfalls of negative self-talk, procrastination and ageism, and discuss new, along with tried and true, coping skills for each aspect of holistic health and wellbeing. **Note: Registration for this class requires 5 class credits (\$5).**

Location: Grandview Terrace/Ballroom

HEART HEALTH

Managing Atrial Fibrillation

Friday, Mar. 9; 9:30 to 11 a.m.

Atrial fibrillation, or Afib, is the most common type of irregular heartbeat and can increase the risk of stroke. Cardiac Educator Becky Kraemer, RN, explains how to manage and live healthy with Afib.

Location: Banner Boswell/Chapman Conf. Room

Living Well with Congestive Heart Failure

Monday, Mar. 12; 9 to 11 a.m.

Join Cardiac Educator Becky Kraemer, RN, and Exercise Physiologist Rhonda Zonoozi to learn about nutrition, medications, exercise and self-monitoring techniques that help you live well with this chronic condition.

Location: La Loma Village H&R

Signature Series

KIDNEY HEALTH

Natural Solutions for Kidney, GERD, Stomach & Intestinal Problems

Wednesday, Mar. 7; 10 to 11:30 a.m.

Join Timothy Gerhart, DC, as he shares research-based, effective and safe natural approaches that work to improve kidney, digestive and intestinal health.

Location: Banner Boswell/Memorial Hall West

Nutrition & Kidney Health

Join Tracy Garrett, registered dietitian, to learn more about chronic kidney disease and how to obtain individualized nutrition therapy recommendations.

Thursday, Mar. 15; 9:30 to 11 a.m.

Location: PORA

Thursday, Mar. 22; 2 to 3:30 p.m.

Location: The Colonnade

Chronic Kidney Disease

Wednesday, Mar. 21; 1 to 2:30 p.m.

Join Liqun Bai, MD, FASN, as he explains chronic kidney disease, the reasons why it's prevalent in seniors and ways to prevent it and manage it, once diagnosed.

Location: Banner Boswell/Juniper Conf. Room

MEMORY CARE

Dementia Caregiver Support Group

Wednesdays, Mar. 7 & 21; 3 to 4 p.m.

Marty Finley, MEd, Sun Health's Memory Care Navigator, leads this support group. **Registration is not required.**

Location: Grandview Terrace H&R

Got Caregiver Stress?

Tuesday, Mar. 20; 1:30 to 3 p.m.

Marty Finley, MEd, Sun Health's Memory Care Navigator, will discuss warning signs of stress, burnout, how to cope and self-care.

Location: Grace Bible Church

PHYSICAL FITNESS

All classes held at the Center for Health & Wellbeing

Note: Physical fitness classes are offered in eight-class series.

Registration for a series requires 40 class credits (\$40).

📍 Chair Yoga

Mondays – 8 to 9 a.m.; Series CY17:

Mar. 5, 12, 19, 26; Apr. 2, 9, 16 & 23

Beginning Chair Yoga.

📍 Mat Yoga

Mondays – 9:30 to 10:30 a.m.; Series MY2:

Mar. 5, 12, 19, 26; Apr. 2, 9, 16 & 23

Floor-based yoga. Participants must be able to stand independently and to safely get up and down from the floor unassisted. Bring a mat or towel.

📍 Tai Chi

Mondays – 11 a.m. to noon; Series TC17:

Mar. 5, 12, 19, 26; Apr. 2, 9, 16 & 23

Beginning Tai Chi modified for seniors.

📍 Strength Training for Health

Mondays – 1 to 2 p.m.; Series ST17:

Mar. 5, 12, 19, 26; Apr. 2, 9, 16 & 23

This low-intensity class uses bands, body weight and other items to train the upper- and lower-body muscle groups.

SAFETY

📍 AARP Smart Driver™ Course

Thursday, Mar. 29; 8:30 a.m. to 12:30 p.m.

Designed especially for drivers age 50-plus, the AARP Smart Driver™ course is intended to help drivers live more independently as they age and remain safe on today's roads. **Pre-registration is required. Fee is \$15 for AARP members and \$20 for nonmembers, payable by check only. Please bring driver's license and check payable to AARP to the session.**

Location: Banner Boswell/Chapman Conf. Room



Need a Ride?
Northwest Valley Connect is available

northwestvalleyconnect.org
(623) 282-9300

March Classes & Events At-A-Glance

Mon

Tue

Wed

Thu

Fri

REGISTRATION REQUIRED
CLICK OR CALL TODAY!



Register online

Starting at 6 a.m., February 15

sunhealthcommunityeducation.org



Register by phone

Starting at 8 a.m., February 15

623-207-1703

*except where noted

1

- Life with Meaning & Purpose After 65; 10 to 11:30 a.m.

2

- Healthy Meal Prep; 10 to 11 a.m.

Note: Fri. exercise class continues from prior month. Next series begins on April 6, 2018

5

- Chair Yoga (CY17); 8 to 9 a.m.
- Mat Yoga (MY2); 9:30 to 10:30 a.m.
- Limited Resources; 9:30 to 11 a.m.
- Tai Chi (TC17); 11 a.m. to noon
- Strength Training (ST17); 1 to 2 p.m.

6

- Take a Tour of CHW; 11 a.m. to noon

7

- Natural Solutions; 10 to 11:30 a.m.
- Dementia Support Group; 3 to 4 p.m.

Note: Wed. exercise classes continue from prior month. Next series begins on April 4, 2018

8

9

- Atrial Fibrillation; 9:30 to 11 a.m.

12

- CY17, MY2, TC17 & ST17 continue
- Annual Diabetes Self-Management; 9 to 11 a.m.
- Congestive Heart Failure; 9 to 11 a.m.
- Your Lymphatic System; 2 to 3:30 p.m.

13

14

15

- Nutrition & Kidney Health; 9:30 to 11 a.m.

16

- Healthy Meal Prep; 10 to 11 a.m.

19

- CY17, MY2, TC17 & ST17 continue
- It Could Happen to You; 9:30 to 11 a.m.
- Diabetes Support Group; 3 to 4 p.m.

20

- Got Caregiver Stress? 1:30 to 3 p.m.

21

- Chronic Kidney Disease; 1 to 2:30 p.m.
- Dementia Support Group; 3 to 4 p.m.

22

- Nutrition & Kidney Health; 2 to 3:30 p.m.

23

- Age Related Muscle Loss; 1:30 to 3 p.m.

26

- CY17, MY2, TC17 & ST17 continue
- Applying for Long Term Aid in AZ; 1:30 to 2:30 p.m.

27

- Who or What is Pushing Your Buttons?; 10 to 11:30 a.m.

28

- Grateful Aging; 2 to 3:30 p.m.

29

- AARP Smart Driver; 8:30 a.m. to 12:30 p.m.

30



14719 W. Grand Avenue
 Surprise, AZ 85374
 623.832.5350
 information@sunhealth.org
 www.sunhealth.org

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'SIGN UP'
 to Fight Cancer in
 the Northwest Valley

Become a sign sponsor for the Swinging In the Sun for Charity Sun Health Golf Tournament. Your \$100 donation will include your name or your company's name on a sign that will be prominently displayed at Briarwood Country Club during the tournament.



**PLAY, MAKE NEW FRIENDS
 AND SUPPORT A GREAT CAUSE**

Swinging in the Sun For Charity Golf Tournament

At Briarwood Country Club in Sun City West
 Friday, April 6, 2018 • 12:00 PM Shotgun Start

Proceeds from the golf tournament will support the completion of the new comprehensive breast cancer clinic at Banner Del E. Webb Medical Center

FOURSOME: \$1,800 • INDIVIDUAL: \$450 *Special 9-hole tournament option available.*
 (a portion of the ticket price is tax deductible)



Learn more at www.sunhealthfoundation.org/golf
 Or contact Joyce Wilt at (623) 832-4319 or Joyce.Wilt@sunhealth.org