

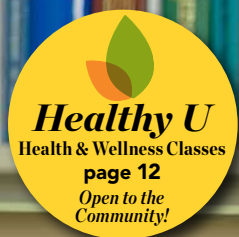
Get in tune this June with more than 20 health classes/events. See Healthy U, p. 12

Celebrating Your Health & Lifestyle

June 2018

LiveWell

The Sun Health Way



Honing in on Home Safety

Small changes you can make to
stay safe at home

The Leading Edge

Homegrown talents directing
The Colonnade, La Loma Village

Planning for the Future

Couple pays it forward to a
community that's been good to them

Men's Health 101

Tips on maintaining
wellness and quality of life



Sun Health™

For our community friends



This is the cherry on top

- Judy S., Colonnade resident since 2016

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Sun Health Senior Living Communities.

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LA LOMA VILLAGE
LITCHFIELD PARK, AZ

THE COLONNADE
SUN CITY GRAND /
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LiveWell

June 2018, Issue 34
SunHealthLiveWell.org

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CREATED FOR SUN HEALTH



Welcome to LiveWell

A magazine produced specifically for you

Sun Health Mission Statement:

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

As program director of the Sun City-based Family Medicine Geriatric Fellowship Program at the University of Arizona College of Medicine, Dr. Walter Nieri is well versed on the health challenges facing older men. In this month's issue, he offers practical advice to help mature "guys" maintain their health and wellness, including how to overcome their sometimes stubborn reluctance to seek health care.

Sun Health at Home's Wellness Coordinator Linda Esparza, RN, is a home-safety sleuth who inspects members' homes for possible risks. She provides tips on how to safety-proof your home.

The two new executive directors of La Loma Village and The Colonnade are actually familiar faces within Sun Health Senior Living. Read how Kari Curry and Dan Liguori are drawing on their insider's knowledge to build on past successes and chart new paths.

Finally, accessible health care was a strong factor in Verna and Joe Muldoon's decision to retire in the Northwest Valley. Through Sun Health Foundation, the couple have donated funds to ensure that health care remains accessible to community members.

Thanks for reading *LiveWell*. As always, we welcome your feedback. You can reach us at information@sunhealth.org.



To your health,

Sharon Grambow

Sharon Grambow

Interim President and CEO, Sun Health

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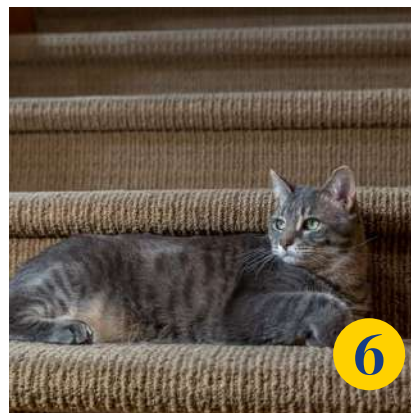
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Healthy U Calendar

June classes & events at a glance



Joe and Verna Muldoon

Please follow us on:



SunHealthLiveWell.org

On the cover: Internist and geriatric medicine specialist Dr. Walter Nieri

Men's Health 101

Tips on maintaining wellness and quality of life

By Alison Stanton



PHOTO BY ALLEN BUTLER

As men get older, they may begin to have concerns about their health and if it will impact their ability to get out and do things.

For these men, Dr. Walter J. Nieri, AGSF, FACP, CMD, offers these words of encouragement: “As we get older, don’t think of what you can’t do, but what you can do.”

To help men maintain their wellness and quality of life as they age, Dr. Nieri, who is program director of the Family Medicine Geriatric Fellowship Program at the University of Arizona College of Medicine–Phoenix in Sun City, suggests that men stay as busy as possible during retirement.

“When men retire, they often like to think that they will have all of this free time, and they can do this and that, but after awhile boredom sets in. This can lead to depression and oftentimes to alcohol abuse,” he says.

To prevent this from happening, Dr. Nieri suggests that men think

of retirement as a career change and look for other alternatives that they would like to do — for instance, to further their education in some way, develop a hobby or pursue an exercise program.

“Retired men should do everything they can to keep stimulating their minds so as to prevent boredom and continue to maintain their physical fitness,” he says.

To encourage men — who Dr. Nieri says can often be resistant about going to a doctor — to get the preventative care and screenings they need, he suggests that their spouses take a “back door” approach.

“We do tend to be a little macho about any physical or mental problems we may be having, so a wife might suggest that they both start an exercise program together, and that it might be worthwhile to be sure everything is OK before they start,” he says.

“Or, if the couple wants to do some traveling, the spouse could say ‘let’s

make sure we don’t have any medical problems that need to be addressed before we leave.’”

As for key screenings that men should have, Dr. Nieri says they should definitely have their blood pressure checked on a regular basis.

“Hypertension is a silent killer. Men can be walking around thinking they are perfectly healthy, but their blood pressure can be too high and it can increase their risk of heart disease or stroke,” he says.

“Another concern is dementia. The good news is that we are living longer; the bad news is that if we live longer, we are more likely to develop memory problems.”

In general, Dr. Nieri says men should have a routine checkup by their primary care physician every one to two years.

“If there are no medical issues, that’s fine. But if something is found to be creeping up, there is a stronger likelihood it can be treated successfully the earlier it is found.”



HEALTHY HABITS

In order for men to stay as healthy as possible as they get older, Dr. Nieri offers the following tips:

- Follow a regular exercise program that includes not only endurance but also exercises that help improve flexibility, balance and muscle strengthening. It does not necessarily have to be vigorous; everything in moderation is OK. The target is 150 minutes of activity per week.
- We live in a stressful world, and men will still have stress at any period of their lives — even after they retire. Find ways to manage stress, and remember that exercise can also help with this.
- Maintain socialization as much as possible. Retirement can lead to boredom, which can lead to depression. Get out and see friends and family.
- Remember, nothing beats a positive attitude as we get older!

CANCER SUPPORT RESOURCES

June 3, 2018, marks National Cancer Survivors Day, a time to recognize those living with cancer and to raise awareness of the issues that cancer survivors face beyond treatment. Research shows that tapping into cancer resources can provide patients and families with accurate, up-to-date information, which can decrease stress, offer hope and improve quality of life. The West Valley has numerous support groups, resource centers and organizations that provide education, advocacy and counseling.

Area Support Groups:

- Prostate Cancer: 2nd Thursday of the month, 9 a.m., Lord of Life Lutheran Church, 13724 W. Meeker Blvd., Sun City West
- Breast Cancer: 3rd Tuesday of the month, 6 p.m., Banner Boswell, Memorial Hall West, 13180 N. 103rd Dr., 1st floor, Sun City
- Gynecologic Cancer: 3rd Tuesday of the month, 5:30 p.m., Banner Thunderbird, Outpatient Services, Sierra Conf. Room, 5555 W. Thunderbird Rd., Glendale
- Patient and Caregiver: 2nd Tuesday of the month, 5:30 p.m., Banner Thunderbird, Outpatient Services, Sierra Conf. Room, 5555 W. Thunderbird Rd., Glendale
- Upper Aerodigestive: 1st Tuesday of the month, 5:30 p.m., Banner Thunderbird, Outpatient Services, Sierra Conf. Room, 5555 W. Thunderbird Rd., Glendale
- Cancer: 4th Wednesday of the month, 10 a.m., Banner Boswell, Chapman Conf. Room, 13180 N. 103rd Dr., 2nd floor, Sun City

Resources and Information:

- American Cancer Society Information and Resources, 1-800-227-2345
- Cancer Resource Center sponsored by Banner Boswell Medical Center and American Cancer Society, 10474 W. Thunderbird, Suite 101, Sun City. Volunteers assist with community resources, support groups, complimentary wigs and head coverings. Please call to set up an initial appointment at 623-832-5682.
- Cancer Support Community of Arizona, cscaz.org, 602-712-1006. Offers education, nutrition and movement classes, online support, resources and referrals.

*Disorganized Medications**Wet Floors**Throw Rugs*

Honing in on Home Safety

Small changes you can make to stay safe at home

By Meghann Finn Sepulveda

Staying healthy, active and independent are keys to successful aging, especially for those who want to remain in the comfort of their own home.

Sun Health at Home is a continuing care at home program offering a comprehensive set of benefits and services, including a personalized in-home safety assessment to create a well-prepared and more-functional living environment.

Accommodating changing needs

Many adults wish to stay in their own home as they age, but sometimes barriers may prevent them from safely doing so. Simple modifications can promote independence and maintain a more accessible home.

When Armand Paul moved to his Sun City West home, he knew a few adjustments needed to be made to greater ensure his safety. The active 93-year-old had already installed grab bars in the shower, but recently made a few additional modifications such as organizing his belongings so they were no longer hard to reach.

“I’ve recognized my limitations and know that I’m not as steady as I used to be,” he says. “Since I can’t use a step stool or climb a ladder anymore, I moved some items down from higher shelves for easier access.”

Armand also made the decision to join Sun Health at Home at the start of the year to ensure he could safely remain in his home as he ages. He scheduled an annual home-safety inspection, one of the many services offered through the Sun Health at Home program, which is available to members on a yearly basis or more frequently as needs change.

Linda Esparza, RN., and wellness coordinator for Sun Health at Home, conducts the home-safety inspections and remains in regular contact with each member to help coordinate outside vendors if any modifications are necessary.

Together, Armand and Linda reviewed his medications and carefully examined each area of the home looking for any obstacles or potential safety hazards such as uneven flooring, loose wires or electrical cords, and nonfunctioning smoke detectors.



Items Out of Safe Reach



Nonworking Smoke Detectors



Loose Wires and Electrical Cords



Pets Underfoot

“We use a comprehensive checklist to proactively identify any concerns and make safety recommendations,” Linda says. “Armand’s home has a great open floor plan and was already in good shape. He did an excellent job making modifications on his own, and I only had a few small suggestions.”

Installing a reliable home-alarm system, making sure your kitchen remains user-friendly, checking that stairway railings are sturdy and secure, and creating slip-resistant surfaces are all additional ways to reduce risks and create a safer home.

Addressing physical limitations

Each year, thousands of older Americans fall at home, many of them are seriously injured, and some are even disabled, according to the Centers for Disease Control and Prevention, which reports that falls are often due to hazards that are easy to overlook but easy to fix.

Following the in-home safety assessment, Linda advised Armand to clear away some clutter in the hallway to create more walkable space, add more lighting so he could move around the house at night, and secure area rugs to prevent tripping.

“Linda also noticed the step in my garage could be a potential trip hazard and suggested I place brightly colored tape on it to clearly mark the spot so it draws my attention,” Armand says. “I did that right away, and it has been very effective.”

In addition to the home-safety assessment, all Sun Health at Home members receive complimentary access to a preferred vendor list for trade professionals such as licensed contractors, legal advisors and home-health providers.

“It’s a nice feeling to know that these individuals and companies have been screened and are reputable,” Armand adds.

Staying active

Today, Armand stays busy doing chores and completing small household tasks. He says he is happy with his decision to remain in his own home, which he has enjoyed for nearly 30 years.

“Although I’m self-sufficient, it’s reassuring to know that all my needs will be taken care of if the time comes,” he says. “Sun Health at Home has provided a sense of relief and allows me to confidently age in place.”

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, Arizona

- Monday, June 4 at 3 p.m.
- Tuesday, June 12 at 1 p.m.
- Thursday, June 21 at 11 a.m.
- Tuesday, June 26 at 1 p.m.

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



The Leading Edge

Homegrown talents directing The Colonnade, La Loma Village

By Shanna Hogan

The two newest leaders at La Loma Village and The Colonnade enjoy getting out from behind their desks to connect with residents and staff. You might see them playing table tennis or bocce ball or dining with residents. Or, you'll catch them meeting formally and informally with employees or just walking the campus grounds. These are just a few of the ways that Dan Liguori and Kari Curry keep in touch with their communities.

Late last year, Dan was promoted from the assistant controller of Sun Health Senior Living to executive director at The Colonnade. And in March, Kari transitioned from her position as the life enrichment director and assisted living manager to executive director at La Loma Village. Here's how they rose through the company to become its newest leaders.

Building Relationships

Dan carved out a successful career in corporate accounting in his native Ohio before moving to Arizona in 2005 in search of a warmer climate. He was hired as director of financial services for La Loma Village, a position he held for eight years. He also helped out as the community's interim executive director for a short period in 2011.

In 2015, Dan was promoted to the assistant controller for Sun Health Senior Living, which gave him more familiarity with all three communities. When the Colonnade's executive director announced in 2017 that she was retiring, Dan offered to fill in as the interim executive director.

"I came here in June 2017 just to help out and made it very clear that I was not interested in the executive director job," Dan says. "However, after a couple of months the residents, staff, everybody seemed to like me being here. So I just decided to throw my hat into the ring."

In fact, many residents sang Dan's praises to Sharon Grambow, interim president and CEO of Sun Health, who was in charge of hiring.

"Residents started emailing me and asking, 'Can Dan be our permanent executive director?'" Sharon says. "He had terrific relationships with residents and staff."

With his experience in accounting and a laser focus on customer service, Dan has thrived in his new role. He says he's thrilled with the job, often arriving early, staying late and working weekends.

"I really look forward to coming to work. It's different every day, and that's what's appealing to me," Dan says. "I enjoy being around residents and employees."

Exceeding Expectations

When Kari was hired in 2006 as the life enrichment director for the La Loma campus, Sharon had an inkling she was a natural leader.

“Early on we began offering Kari the opportunity to take on greater responsibilities and challenges that would help her grow,” Sharon says. “Kari took on the challenges and exceeded our expectations.”

One of those challenges was becoming the manager of La Loma’s assisted-living residence, which required extra training. Kari jumped that hurdle while continuing as the director of life enrichment.

In 2016, she completed an administer-in-training program making her a licensed nursing care administrator. The former executive director Susan Davis mentored Kari for several years, teaching her the nuances of the position.

Part of Kari’s job will involve growing La Loma Village. She says she’s looking forward to the new responsibilities and the opportunity to strengthen her connections with the residents.

“The most rewarding part of the job is the people,” she says. “We have so many amazing residents with so many different backgrounds and life experiences. You can learn so much from just spending time with them.”

While Sun Health often promotes employees internally, the company conducted a comprehensive search for the executive director positions. Although there was strong competition, Sharon says Kari and Dan stood out.

“The residents in both communities are thrilled with the decision,” Sharon says. “And I’m thrilled that they accepted the challenge.”

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

TAKING THE Lead

GREAT LEADERSHIP IS THE CORNERSTONE OF SUCCESSFUL COMMUNITIES

We welcome Dan Liguori and Kari Curry into their new roles as executive directors at The Colonnade and La Loma Village respectively.

These two individuals – along with Bhakti Gosalia, executive director at Grandview Terrace – have risen through the company by making the most of leadership opportunities, successfully meeting challenges and building excellent teams. In addition, they are caring, approachable and committed to providing the best experience for our residents and staff. Each of them has embraced the Masterpiece Living philosophy, which supports and encourages the social, spiritual, intellectual and physical needs of each resident.

When new prospects tour our communities, our residency counselors like to introduce them to the executive directors if they are available. Each director knows how to make people feel welcome, cared about and listened to, all qualities that matter to prospects.

In my opinion, the best executive directors – like Bhakti, Dan and Kari – regularly connect or re-connect with residents, staff and vendors and that helps them keep in tune with their communities. They show they truly care and that instills confidence in everyone around them.

I am proud to partner with these three leaders, spreading the word about successful aging in our beautiful Life Care communities.



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



Planning for the Future

PHOTO BY ALLEN BUTLER

Couple pays it forward to a community that's been good to them

By Susie Steckner

After a long career in the aerospace industry, Joe Muldoon took early retirement and embarked on a new adventure with his wife Verna, traveling the country with their trusty fifth-wheel.

After several years of exploring, the couple decided to trade their trailer for a home in Sun City West. They considered other appealing communities, but a certain amenity won them over: accessible health care.

"When you get older that's extremely important...where are you going to go if there's a problem?" Joe says.

The couple was especially impressed by residents' support of the local hospitals through volunteering as well as financial donations to Sun Health Foundation.

"When we came here, the setup was perfect," Joe says. "You have all of the facilities at hand, and the

community is deeply involved and committed to them."

Joe and Verna decided to commit as well, becoming legacy estate donors. A portion of the couple's estate is earmarked for Sun Health Foundation to support the wide range of health and education programs and services.

Estate gifts are vital for the future of the foundation, says Pamela Gralton Kohnen, the Foundation's senior development director.

The Muldoons are opting to give their entire estate to various charitable organizations and have signed a letter of intent to support Sun Health Foundation.

"That can be modified or changed if needed, but it helps the foundation plan for the future," Pamela says.

The Muldoons moved to Sun City West in 1999. Married for 44 years

— a second marriage for both — the couple has six children between them.

Before retiring, Joe and Verna both enjoyed successful careers. Joe, an electrical engineer, spent more than 30 years with Boeing in Philadelphia and Seattle. During his time there, he worked as a key integrator on the Minuteman Intercontinental Ballistic Missile system, the nation's land-based nuclear deterrent and a longtime project for Boeing.

Verna worked in the employment industry and later as a Realtor.

After Joe's retirement in 1995, the couple's travels in their fifth-wheel took them across the Southwest. They ultimately decided to call Arizona home.

The Muldoons have been active in a range of community activities, from golf and softball to jewelry-making and painting.



For more information about supporting superior health care in the community through Sun Health Foundation, call 623-832-5330 or visit sunhealthfoundation.org.

Travel continues to be a passion for the couple. They have enjoyed 15 cruises to various destinations around the world, with the latest trip taking them to the Panama Canal. Joe, who paints watercolors, has captured many of those vacation scenes in paintings that hang in the couple's home.

Looking back on their decision to put down roots in Arizona, Joe and Verna are grateful for the full life they have been leading in Sun City West. Supporting local health care through their estate made perfect sense.

"If you are interested in helping the whole community, that's certainly the way you can do that," Joe says. "Having first-class health facilities right here, available to everyone, is a great boon to this community."

He adds, "I thought it was a great opportunity to do something for a community that has been really good to me."



Reach Your Sun Health Foundation Development Staff

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SEEKING MORE INCOME?

TRY A CHARITABLE REMAINDER TRUST

Sometimes investments just don't cooperate. Maybe it's low interest rates, the economy or your stock picks. It may be discouraging, especially if you need to stretch your dollars to maintain your lifestyle.

There is an attractive alternative. It's called a life-income plan and it's an arrangement that can boost your cash flow. One popular example of such a plan is the charitable remainder trust.

How It Works

You, along with your attorney, create the charitable remainder trust to fit your needs. The trust pays you income, which could be more than you currently receive from other investments. Then, after you pass away, the assets remaining in the trust go to the charity.

How You Benefit

- Possibly receive greater income
- Obtain income tax savings, if you itemize on your taxes
- Relieve some investment worry

Funding Your Trust

Appreciated securities you've owned for more than one year are ideal for funding a charitable remainder trust. You receive a tax-saving charitable income tax deduction (if you itemize) based in part on the full fair market value of your donation, and you eliminate upfront capital gains tax on the appreciation. If you are not able to donate stocks, however, you can contact us to learn about other giving opportunities.

Information provided by The Stelter Company.
The information in this publication is not intended as legal or tax advice. For such advice, please consult an attorney or tax advisor. References to estate and income taxes include federal taxes only. State income/estate taxes or state law may impact your results.

Classes & Events

REGISTRATION REQUIRED! SPACE IS LIMITED, SO REGISTER EARLY.



Register online begins 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/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

La Loma Village H&R — La Loma Village Health and Rehabilitation Center, 14260 Denny Blvd., Litchfield Park

PORA — PORA Learning Center, 13815 W. Camino Del Sol, Sun City West

The Colonnade — 19116 N. Colonnade Way, Surprise

BRAIN HEALTH

What Does Parkinson's Research Mean for You?

Wednesday, Jun. 27; 9 to 10:30 a.m.

Banner Sun Health Research Institute's David Shprecher, DO, shares new research projects that are underway to bring us closer to a cure for Parkinson's. Learn about new advances that are being developed to end Parkinson's disease.

Location: Grandview Terrace/Ballroom

CANCER CARE

Healthy Meal Prep for Cancer

Fridays, Jun. 1 & 15; 10 to 11 a.m.

Chef Debra of Cancer Support Community of Arizona will highlight Berry Bash (6/1) and Nuts & Seeds (6/15).

Location: The Colonnade

Integrative Oncology

Thursday, Jun. 21; 9:30 to 11 a.m.

Brian Archambault, NMD from West Valley Naturopathic Center, will explain the risks and benefits of combining complementary and alternative medicine with conventional oncology treatment.

Location: PORA

DIABETES CARE

Diabetes Connection

Monday, Jun. 18; 3 to 4 p.m.

This monthly group is for individuals who have diabetes or prediabetes. June's topic: technology advancements in blood glucose monitoring with guest speaker Liz Caray from Abbott Diabetes Care. **Registration is not required.**

Location: Center for Health & Wellbeing



Need a Ride?

Northwest Valley Connect is available

northwestvalleyconnect.org • (623) 282-9300

HEALTH & WELLBEING

Take a Tour of the Center for Health & Wellbeing

Tuesday, Jun. 5; 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

VA Pension Aid & Attendance Program

Tuesday, Jun. 5; 1:30 to 3 p.m.

Attorney Yvette Ashworth and Paralegal Marcy Maloy explain the guidelines for the Veterans Administration Aid & Attendance pension program and what veterans or surviving spouses can do to qualify for this extra income.

Location: Center for Health & Wellbeing

The Aging Eye

Thursday, Jun. 7; noon to 1 p.m.

In this informative workshop, Arizona Eye Institute's Dr. Eugene Shifrin explains what happens to our eyes as we age and how we can proactively maintain optimal vision and eye health.

Location: Grace Bible Church

Rx Matters

Wednesday, Jun. 13; 1:30 to 3 p.m.

According to the Arizona Department of Health Services, drug-related deaths in adults over 55 years old increased annually from 94 in 2003 to 351 in 2013. Join Lead Prevention Specialist at Area Agency on Aging, Kristin Riccio, to learn the importance of drug misuse and abuse in older adults, its consequences and how to talk with your doctor and pharmacist about pain and realistic pain management expectations.

Location: Banner Boswell Medical Center/Memorial Hall West

Is it Hearing Loss or Memory Loss?

Thursday, Jun. 14; 10 to 11:30 a.m.

Daniel Hewson, MSc, of Ascent Audiology, will address how the ear works, the effects of hearing loss and its correlation to memory loss and the advancement of hearing aid technology.

Location: Grandview Terrace H&R

Be Strong: Building Strength & A Healthy Prostate

Tuesday, Jun. 19; 1:30 to 3 p.m.

The pelvic floor plays a vital role in reducing the risk of incontinence, improving sexual intercourse and improving core stability. Occupational Therapists Linda Rudd and Melissa Lee will educate you on the role of the pelvic floor, common prostate issues that can occur in a man's life and how to address them.

Location: Grace Bible Church

HEART HEALTH

Blood Pressure Check

Wednesday, Jun. 13; 2 to 4 p.m.

Retired nurse volunteers are on site to check your blood pressure and answer any questions you may have.

Registration is not required.

Location: Center for Health & Wellbeing

Taking Care of Your Heart

Thursday, Jun. 21; 10 to 11 a.m.

Join Heather Mathews-King, registered dietitian at Banner Boswell Medical Center, as she guides you on your heart healthy eating journey. Nicole Petcu, Heart and Chest Pain Program manager, also teaches about hands-only CPR.

Location: Banner Boswell/Memorial Hall West

Get the Facts about High Blood Pressure

Monday, Jun. 25; 1:30 to 3 p.m.

Join Sun Health's Exercise Physiologist Rhonda Zonoozi to discover the risks for developing high blood pressure, the recommendations for prevention and treatment of this condition, and the new guidelines from the American Heart Association.

Location: Faith Presbyterian Church

MEMORY CARE

Dementia Caregiver Support Group

Wednesdays, Jun. 6 & 20; 3 to 4 p.m.

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

Location: Grandview Terrace H&R

Engaging Your Loved One with Dementia in Brain Stimulating Activities

Monday, Jun. 18; 2 to 3:30 p.m.

Cheryl Ortega, Memory Care Navigator for Sun Health, shares ideas and strategies to encourage your loved one's interest and enthusiasm to learn new things and participate in activities.

Location: Grandview Terrace H&R

NUTRITION

Inflammation & Your Diet

Heart disease, cancer, diabetes and Alzheimer's disease are all associated with inflammation in the body. Certain foods may contribute to the degree of inflammation in the body. Join Sun Health Registered Dietitian Nutritionist Tracy Garrett as she shares natural tips to reduce inflammation and improve health.

Monday, Jun. 11; 2 to 3:30 p.m.

Location: The Colonnade

Friday, Jun. 22; 2 to 3:30 p.m.

Location: Center for Health & Wellbeing

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).

💰 Tai Chi

Wednesdays – 11 a.m. to noon; Series TC20:

Jun. 6, 13, 20 & 27; Jul. 11, 18 & 25

Note: Seven-class series; registration requires 35 class credits (\$35)

Beginning Tai Chi modified for seniors.

💰 Strength Training for Health

Fridays – 11 a.m. to noon; Series ST20:

Jun. 1, 8, 15, 22 & 29; Jul. 6, 13 & 20

Low-intensity class to strengthen the upper- and lower-body muscle groups.

SAFETY

Balancing Your Fall Risk

Join Exercise Physiologist Rhonda Zonoozi to learn about the essential components of balance. She'll explain why balance is important and describe ways to improve your static, dynamic, and postural balance and how to challenge your sensory systems to reduce your risk of falling.

Tuesday, Jun. 19; 10 to 11:30 a.m.

Location: La Loma Village H&R

Wednesday, Jun. 20; 10 to 11:30 a.m.

Location: The Colonnade

Get Smart about the Latest Vehicle Technology

Thursday, Jun. 28; 2 to 3 p.m.

AARP has teamed up with The Hartford to develop Smart DriverTEK, a fun and interactive workshop to provide drivers with the necessary tools to navigate modern vehicle technology.

Location: The Colonnade

Need Information on Community Resources?

Call Today!



OUR NEIGHBOR NETWORK

Our Neighbor Network (ONN) helps local residents remain independent, safe and healthy. ONN offers free referrals to nonprofit health, human, and volunteer services that can help you or your neighbor.

623-832-4ONN (4666)

June Classes & Events At-A-Glance

Mon

Tue

Wed

Thu

Fri



Register online

Starting at 6 a.m., May 10

sunhealthcommunityeducation.org



Register by phone

Starting at 8 a.m., May 10

623-207-1703

**except where noted*

1

- Healthy Meal Prep; 10 to 11 a.m.
- Strength Training (**ST20**); 11 a.m. to noon

4

Note: Monday exercise classes continue from prior month. Next series begins on July 2, 2018.

5

- Take a Tour CHW; 11 a.m. to noon
- VA Pension Aid & Attendance; 1:30 to 3 p.m.

6

- Tai Chi (**TC20**); 11 a.m. to noon
- Dementia Caregiver Support Group; 3 to 4 p.m.

Note: Other Wednesday exercise classes continue from prior month. Next series begins on Aug. 1, 2018.

7

- The Aging Eye; noon to 1 p.m.

8

- **ST20** continues

11

- Inflammation & Your Diet; 2 to 3:30 p.m.

12

13

- **TC20** continues
- RX Matters; 1:30 to 3 p.m.
- Blood Pressure Checks; 2 to 4 p.m.

14

- Hearing Loss or Memory Loss?; 10 to 11:30 a.m.

15

- Healthy Meal Prep; 10 to 11 a.m.
- **ST20** continues

18

- Engaging Your Loved One; 2 to 3:30 p.m.
- Diabetes Connection Group; 3 to 4 p.m.

19

- Balancing Your Fall Risk; 10 to 11:30 a.m.
- Be Strong: Strength & Healthy Prostate; 1:30 to 3 p.m.

20

- Balancing Your Fall Risk; 10 to 11:30 a.m.
- **TC20** continues
- Dementia Caregiver Support Group; 3 to 4 p.m.

21

- Integrative Oncology; 9:30 to 11 a.m.
- Taking Care of Your Heart; 10 to 11 a.m.

22

- **ST20** continues
- Inflammation & Your Diet; 2 to 3:30 p.m.

25

- Get the Facts about High Blood Pressure; 1:30 to 3 p.m.

26

27

- What Does Parkinson's Research Mean for You? 9 to 11:30 a.m.
- **TC20** continues

28

- Latest Vehicle Technology; 2 to 3 p.m.

29


- **ST20** continues



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A photograph of an elderly woman with short grey hair and red-rimmed glasses, smiling warmly. She is wearing a light pink V-neck sweater. A younger woman with red hair is partially visible on the right, smiling and embracing the elderly woman. The background is a bright, out-of-focus indoor setting.

No one
should face
memory loss
alone.

Memory Care Navigator 623-832-9300

Schedule a consultation today. Sun Health's Memory Care Navigators offer education, support and resources to family members and caregivers whose loved ones experience memory dysfunction, including Alzheimer's disease and related dementias.

The program is offered to area families at no cost thanks to the generosity of Sun Health Foundation donors.

