

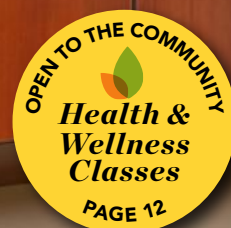
Play it cool this month with more than 20 health classes and events. See Healthy U, p. 12

Celebrating Your Health & Lifestyle

September 2018

LiveWell

The Sun Health Way



Active Aging

Activity adds shine to golden years

Portability Offers Flexibility

Sun Health at Home follows members wherever they call 'home'

Pillow Talk

Tips to improve the quality of your zzzzz's

Strong-Arming Cancer

Having world-class services in her backyard helped Surprise resident tackle breast cancer



Sun Health™

For our community friends



2018 SUN HEALTH FOUNDATION

Gala

*Celebrating Sun Health Champions
of Yesterday and Today*

SPECIAL GUEST
Emmitt Smith
NFL Hall of Famer

Join us for an unforgettable evening!

COCKTAIL RECEPTION ♦ DANCING ♦ SILENT AUCTION
DINNER ♦ LIVE AUCTION ♦ SPECIAL ENTERTAINMENT

SATURDAY, NOVEMBER 10, 2018

Renaissance Glendale Hotel & Spa *Cocktail Attire*

All proceeds will support the new Banner Boswell Medical Center Emergency Department with a 40,000 square-foot expansion, providing 33 percent more patient beds and easier access for the community.

For sponsor information or to learn more about the event, contact Jamie Rogers at 623-832-5734 or jamie.rogers@sunhealth.org.



Sun Health
FOUNDATION

PURCHASE TICKETS:
sunhealthfoundation.org/2018-gala

EARLY REGISTRATION PRICING (DEADLINE SEPTEMBER 21, 2018)

Table for Ten: \$1,750 | Individual Ticket(s): \$175

STANDARD TICKET PRICING:

Table for Ten: \$2,250 | Individual Ticket(s): \$225

LiveWell

September 2018, Issue 37
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.

This month, we challenge what it means to *age*. We challenge the idea that as the years pass, we must “slow down.” We assert that life is meant to be lived fully — in *any* decade.

In the spirit of active aging, I invite you to dive into this issue of *LiveWell* by reading about Doris Westrack, a spunky 85-year-old who beat breast cancer last year thanks to the Comprehensive Breast Cancer Clinic at Banner Del E. Webb Medical Center and its partnership with Banner MD Anderson Cancer Center.

Then, meet 84-year-old Nancy Paauwe, an avid exerciser who doesn’t let her age dictate what she can and cannot do.

Next, check out Sun Health at Home, our continuing care program that provides support and services to members 55 and up who want to remain in their homes (and age on their own terms).

And finally, learn more about how sleep patterns change over time and what you need to know to get a good night’s rest. Don’t miss our annual Stand Up To Falling Down event, Friday, Sept. 21. See the back page or page 11 for details.

I hope you find some inspiration in this issue. As always, let us know your thoughts at information@sunhealth.org.

To your health,




Joe La Rue

President and CEO, Sun Health

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Healthy U

Sun Health Community Education class listings, events & activities



Nancy Paauwe and Katherine McDonnell



Frances Kline and Emery

Please follow us on:



SunHealthLiveWell.org

On the cover: Cancer survivor Doris Westrack and her surgical oncologist Dr. Kelly Rosso.

Doris Westrack (L) and Dr. Kelly Rosso engage in a friendly pushup and plank competition.



Strong-Arming Cancer

Having world-class services in her backyard helped Surprise resident tackle breast cancer

By Candace Hoffmann

When she read that 85-year-old Supreme Court Justice Ruth Bader Ginsberg does 23 pushups each day, Doris Westrack, 85, of Surprise, took up the challenge. After all, if one octogenarian can do that so could she. Doris added pushups to her exercise routine that includes yoga, Pilates, biking, walking and general workouts at the gym. She has now added 23 pushups to her daily routine. Take that Justice Ginsburg! But then, breast cancer came to call with a challenge all its own – survival.

Doris went for her yearly mammogram when the screening test showed something was not quite right, but as she says, “at 84 you don’t think you’re going to get cancer.” Further testing showed that indeed, that was the case. Doris was paired with Tracy Griffith, R.N., an oncology nurse navigator with Banner MD Anderson Cancer Center, who helped Doris sort out all the next steps, including finding a surgeon.

While Doris’ mother and sisters all had had breast cancer, she said she really didn’t have a

clue of what she needed to do. “I was kind of in la-la land.”

But Tracy was there and helped Doris find a surgeon, Kelly Rosso, M.S., M.D., a breast surgical oncologist with Banner MD Anderson Cancer Center. While thrilled to have a Banner MD Anderson surgeon, Doris didn’t want to drive all the way to Gilbert, where the medical center is located. Imagine her surprise to find that all the services she needed are available right in Sun City West.

Dr. Rosso and Doris met and talked about her care plan and



Members of the Banner MD Anderson team on the Banner Del E. Webb Medical Center campus. (L-R) Tessa Moreno, Dr. Kelly Rosso, Dr. Thomas Chen, Evelyn Marie Brooks, Anne Marie Craig, Vanessa Alexander.

decided a lumpectomy followed by radiation would be the best course. “I was so impressed with Dr. Rosso; she took a lot of time,” Doris remembers.

Doris also found out she had an entire team on her side deliberating over her care, including a Tumor Board. “At Tumor Board, we review the patient’s mammogram, pathology and then talk about the best treatment plan going forward,” Dr. Rosso says. “We also discuss clinical trials available to our patients, which is a big benefit of having Banner MD Anderson involved.”

The Banner MD Anderson Comprehensive Breast Cancer Clinic opened at Banner Del E. Webb Medical Center last November. It brings together medical imaging and surgical, medical and radiation oncology expertise in one location for highly coordinated care and enhanced patient experience.

Dr. Rosso notes how this puts the needs of the patient first. “Through this model, we are able to provide a multi-disciplinary treatment plan for each individual patient and her specific type of cancer,” she says. “We are able to focus on the whole patient and meet all of their treatment goals in an efficient and compassionate manner.”

Banner Boswell Medical Center will also see renovation and enhancements to its oncology offerings. The Endoscopy department will be expanded to accommodate the growth of lung cancer treatment and thoracic care by providing new minimally invasive options for patients.

The oncology expansions on both campuses are part of a \$2.14 million campaign by Sun Health Foundation. “Our

Northwest Valley communities are invested in these medical centers. They brought them into existence in the ’70s and ’80s and now see the opportunity to bring the world-class care of MD Anderson to their doorstep. It’s an exciting time to be spearheading this campaign and building on our long history of supporting oncology care on these campuses,” says Gina Ore, Sun Health Foundation’s chief philanthropy officer.

Doris, now a year out from her treatment, is back to her exercise routines and continues to challenge Justice Ginsburg. “I lucked out on everything and can’t say enough about Banner MD Anderson and Dr. Rosso,” she says. “I’m grateful to have them close by.”



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Nancy Paauwe (L) and Katherine McDonnell practice yoga.



Active Aging

Activity adds shine to golden years

By Alec Sills-Trausch

To Grandview Terrace resident Nancy Paauwe, age really is “just a number.”

The 84-year-old former teacher from Michigan spent much of her life hiking and biking, and today she continues to live an active lifestyle. In fact, her philosophy is simple: “Keep moving.”

That philosophy is also the theme surrounding this year’s Active Aging Week. Kicking off Sept. 23 and running through Sept. 29, Active Aging Week challenges the idea that older adults cannot live as full of lives as their younger counterparts.

The annual celebration, now in its 15th year, highlights “the capabilities of older adults” and supports their efforts to lead active, healthy lives.

Five years ago, when Nancy moved to Grandview Terrace, she started participating in exercise classes. She credits these life enrichment classes with giving her more energy.

One of Nancy’s biggest motivators is Katherine McDonnell, the fitness coordinator at Grandview Terrace and an ACE-certified health coach.

“Katherine has helped me so much,” Nancy says.

Nancy used to have difficulty getting up and out of chairs, so Katherine “recommended that I practice getting up and down from a chair 12 to 15 times a day.”

“I just kept working on it,” she says. And today, she finds it much easier.

Katherine, who coordinates group exercises and Masterpiece Living® physical health programming and offers one-on-one exercise, behavioral or nutritional consultations for Grandview Terrace residents, said the most popular classes are the group exercise classes.

“We have seated chair yoga, Tai Chi, a variety of seated or combination seated and standing aerobics classes and strength conditioning,” she says. “We also have a stretch class and aquatic exercise classes.”

These classes allow residents to stay active and fit, which helps them maintain their independence. As people age, muscles begin to decline so it is important to head off that decline as much as possible.

“It’s imperative to stay active for general function,” Katherine says. “Getting up and down out of a chair, being able to put something away on a shelf, unload the dishwasher, push open a door or pour a bottle of wine are all examples of this.”

“It’s imperative to stay active for general function. Getting up and down out of a chair, being able to put something away on a shelf, unload the dishwasher, push open a door or pour a bottle of wine are all examples of this.”

Katherine credits Nancy not only with staying active but taking that to the next level, even in her mid-80s.

“She was willing to find out how much work it took to improve an already active lifestyle,” Katherine says.

And the admiration is mutual, with Nancy crediting Katherine for challenging her with new initiatives to strive toward each month.

On a good week, she’ll do nine classes, including posture and balance, yoga, Tai Chi and chair exercises with weights and bands.

“I really try to keep exercise as a priority,” she says. “I don’t want to become one of these people who just sits in a chair. I just want to be able to move around as long as I can.”

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

A WORD TO THE ‘WHYS’ EXERCISE IS A GIFT

It’s uncanny. Almost every time I decide to take it easy in an easy chair and watch TV, invariably a news story pops up about another study touting the benefits of exercise to protect us from disease, trim our waistlines and add years to our lives.

But exercising can be a challenge. Daily tasks, stress, relationships and a lack of time can all stand in the way.

If you struggle to make exercise a regular part of your life, you might consider rethinking how you view it. First, ask yourself why you are exercising.

Are you getting physical because your doctor told you to or because you “should” lose weight?

In her book, “No Sweat,” researcher Michelle Segar, Ph.D., identifies these “whys” as abstract, clinical, future-oriented and guilt-fueled. In short, they tend to turn exercise into a chore.

The wrong “whys” may get us moving, but our motivation eventually fades, often leading us to quit. If we start exercising again but still practice the wrong “whys,” we are destined to fail.

Instead, try viewing exercise as a gift, something that’s meaningful and relevant now. Say, “I get to, I want to, I choose to exercise.”

View it not as a future reward, but recognize the immediate gifts – a feeling of accomplishment, enhanced energy and glow.

When we enjoy how we feel during physical activity, we want to repeat it.



Jackie Lusson

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Frances Kline

Portability Offers Flexibility

Sun Health at Home follows members wherever they call 'home'

By Alison Stanton

After more than 37 years working as a secretary for the FBI in Chicago, Frances Kline retired at age 55. “I retired the day I was eligible,” says Frances, 72. “I loved my job and everything, but I did not want to die at my desk. I wanted to live.”

Frances settled in Sun City, where she made friends at church, joined local sewing clubs and enjoyed line and square dancing.

Then, four years ago, she suffered a heart attack. It came at a difficult time. Frances’ house needed significant repairs, and she had been scammed by dishonest contractors who had promised to fix her home but who broke their promises.

“I was under a lot of stress,” Frances says. She believes it led to her heart attack.

Around the same time, she learned about Arizona’s first continuing care at home program, Sun Health at Home, which provides support and personalized services to members 55 or older who want to successfully age in place.

“I found out about the program and I thought, ‘Gosh this fits me to a T,’” Frances says. “I joined Sun Health at Home and I’m a Founders Club member.”

Sun Health at Home has five plans that are scaled for cost based on the member’s age at the time of enrollment as well as their individual needs. One of the plans, the Classic Plan, can even complement or replace long-term care insurance.

In January, when Frances decided to move into an independent living community, she knew she didn’t want to give up the Sun Health at Home program. Members can elect to continue the program in independent or continuing care communities. In fact, no matter where the member resides, Sun Health at Home can continue to provide expert care and services.

“The essence of our program is to keep folks at home where they prefer to live and to help them age in place gracefully,” says membership counselor Josh Freegard. “And as time goes on we are there to guide them and provide the necessary resources for them to stay independent as long as possible.”

The key aspect of Sun Health at Home that distinguishes it from other programs is the personal Wellness Coordinator, a highly trained registered nurse or social worker assigned specifically to manage the member’s care.



“It’s like having a close friend or close relative working for you.”

“The Wellness Coordinator will customize a care plan that matches the member’s lifestyle,” Josh says. “We get to know the members very well. We know their likes, dislikes, preferences and life philosophy to make the care plan successful. We can start helping them align and manage every aspect of their lives as it relates to maintaining their wellness and quality of life.”

Currently, Sun Health at Home serves much of Maricopa County, including the West Valley, Wickenburg, Phoenix and Scottsdale. Once enrolled, the program is portable and allows membership benefits to transfer should a member decide to relocate to another state.

The cost of services, which include health and wellness activities, education, medication management, personal emergency response service, social activities, as well as some transportation and meals, is covered by the program. Facility-based care may also be a program benefit depending on the plan chosen. The Wellness Coordinator is available 24 hours a day, seven days a week, and Sun Health at Home acts as the primary emergency contact for each member.

“The Wellness Coordinator often becomes a friend to that member and certainly an advocate and expert health care concierge says Josh. “So, often the availability to communicate with the Wellness Coordinator makes the difference for that member.”

A feeling of security and peace of mind is especially beneficial for singles, widows and widowers without family in the area — which was Frances’ situation.

Since signing up for Sun Health at Home, Frances has found a second family with the staff, especially with her Wellness Coordinator, Linda Esparza. Last year when Frances had cataract surgery, Linda attended her doctor

appointments, brought her meals and checked up on her regularly. When Frances stopped driving, Linda provided her with a variety of transportation options.

“With Sun Health at Home, Linda was there with me every step of the way,” Frances says. “She’s not just a nurse. I consider her and the entire Sun Health at Home team as my friends.”

For Frances, Sun Health at Home provides comfort and confidence as she ages in place.

“It was never a consideration to drop the program when I moved out of my own home — I still wanted Sun Health at Home,” Frances says. “It’s like having a close friend or close relative working for you.”

Want to learn more about Sun Health at Home?

Join us for a no-obligation Discovery Seminar. Unless otherwise noted, seminars are held at the Sun Health Center for Health & Wellbeing, 14719 W. Grand Ave., Surprise, AZ.

- Thursday, Sept. 6 at 1 p.m., Wickenburg Community Hospital, 520 Rose Lane, Wickenburg
 - Thursday, Sept. 13 at 2 p.m.
 - Tuesday, Sept. 18 at 2 p.m.
 - Wednesday, Sept. 26 at noon, Palmbrook Country Club, 9350 W. Greenway Rd., Sun City
- *Seminar & Luncheon

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



Pillow Talk

Tips to improve the quality of your zzzz's

By Alison Stanton



If you spend more time tossing and turning during the night instead of sleeping like the proverbial rock, you are not alone.

According to the Centers for Disease Control and Prevention (CDC), 35 percent of U.S. adults are not getting the recommended seven hours of sleep each night.

Carlos Alvarado-Valdes, M.D., a pulmonologist and sleep medicine specialist in Sun City West, mostly sees older adults who on average are more sleep-deprived than their younger counterparts.

“For a lot of older adults, changes in lifestyle can affect their sleep schedule,” he says, adding that retirement offers a classic example.

After years of being on a regular sleep schedule for work, new retirees may yearn to be a night owl and sleep in late.

“But when the brain does not get the cues it once did like a regular alarm in the morning and people are no longer on a regular schedule, sleep problems often occur.”

Awaken to a good night's sleep

Fortunately, Dr. Alvarado-Valdes says, there are many ways to improve your shut-eye.

“People must develop a regular sleep schedule and go to bed on the weekends at the same time as weekdays,” he says.

Creating an environment conducive to good sleep also helps.

Dr. Alvarado-Valdes suggests turning off the smartphone, TV and similar electronics a few hours before bedtime.

“The bright lights on the screens stimulate the brain, and sometimes the content that we see can be irritating or frustrating instead of relaxing,” he says.

A cool, quiet and dark bedroom and regular exercise also promote a good night's sleep.

“People can do things like take a warm shower, dim the lights, play relaxing music, do some gentle stretching and meditate,” Dr. Alvarado-Valdes says.

Don't snooze? You lose.

Dr. Alvarado-Valdes says if a person wakes up sleepy and sluggish every morning and whacks the snooze button several times, it may be time to seek a doctor's counsel.

“Also, when people do not have the energy to accomplish or enjoy the day's activities, thrive at work, learn at school or interact with friends, they should report this to their doctor.”

In certain cases, sleep aids may be appropriate to use, but these should be used with the guidance of a physician. For example, melatonin is an over-the-counter supplement, may be useful, he says, adding that it can help control our daily sleep-wake cycles. However, he cautions that melatonin supplements can negatively interact with many different medications so advises to

check with your doctor before taking the sleep-inducing aid.

“Sleep-aid medications such as Ambien are common and helpful but may also cause amnesia, where people do things during the night and do not remember doing them,” Dr. Alvarado-Valdes says.

How much sleep do we really need?

While eight hours has traditionally been considered the gold standard of sleep, Dr. Alvarado-Valdes says this is no longer the case.

“A recent study of sleep health found that the optimal amount of sleep is seven hours a night, plus or minus one hour.”

As for the notion that older adults do not sleep as much, Dr. Alvarado-Valdes says they may be snoozing more than they realize.

“Some older people will say ‘I only sleep five hours a night now,’ but they don't count that two-hour nap in the afternoon, so they are still getting about seven hours a day.”

More serious sleep disorders

Major sleep disorders include insomnia, RLS (restless leg syndrome), sleep apnea and narcolepsy. If you, or someone you know, suffers or suspects they suffer from one of these difficulties, it's important to receive an evaluation by a health care provider or, if necessary, a provider specializing in sleep medicine. Sleep disorders can increase your risk of health problems.



By Alison Stanton

According to the CDC, every year, one out of four adults over the age of 65 will fall.

While this statistic shows that older adults tend to fall more often, Rhonda Zonoozi insists that we should never accept falling as a normal part of aging. Many falls can be prevented, says the exercise physiologist and health coach for the Sun Health Center for Health & Wellbeing.

Throw rugs, poor lighting or a lack of grab bars in bathrooms are among the most common causes for falls in the home.

"The good news is that these are all easily modifiable," Rhonda says.

Tips to prevent falling

"Inactivity increases your risk of falling, so one of the biggest things older adults can do is to get active," Rhonda says, adding that walking is a great place to start.

Lower body exercises that increase strength and improve balance are also useful, she adds.

What to do in the case of a fall

When somebody falls, Rhonda says they should focus on their breathing, take their time in getting up and remain as calm as possible while scanning their body for injuries.

"If they feel like they have broken a hip or shoulder they should call 911 for help and not try to get up on their own."

Learn more at the Stand Up To Falling Down event (see box on this page).

The Sun Health Center for Health & Wellbeing offers a Fall Avoidance Review (FAR), which is a 30- to 45-minute assessment.

The Center also will offer classes in October related to balance and fall prevention.

For more information, visit sunhealthwellbeing.org/fallprevention-and-balance.

Stand Up To Falling Down

A fall prevention screening and awareness event

Friday, Sept. 21, 2018

8:30 a.m. to 12:30 p.m.

The Colonnade, 19116 Colonnade Way, Surprise

AGENDA

8:30 a.m. – Doors Open/Vendor Walk

9 a.m. – Introduction and Welcome: Elton Bordenave, PhD, MEd., Director, A.T. Still University Center for Resilience in Aging

9:15 a.m. – Change Your Fall-ty Ways: Rhonda Zonoozi, Exercise Physiologist, Sun Health Center for Health & Wellbeing

9:45 a.m. – Balance Strategies: John Tuitele, Physical Therapist, Doctorate Level, Banner Thunderbird Medical Center

10:15 a.m. – Vendor Walk and The Aging Eye, a video presentation by AZ Eye

10:45 a.m. – Fear in our Ears: Dan Hewson, MS, Audiology

11 a.m. – Sleep and Balance: Dr. Carlos Alvarado-Valdes

11:30 a.m. – Medications and Fall Risk. Empowering Patients to Act as their own Advocates: Jenny Bingham, PharmD, BCACP

REGISTRATION REQUIRED

COMPLIMENTARY FALL RISK ASSESSMENTS BY APPOINTMENT.

To register or to make a fall risk assessment appointment, call 623-428-1741



Classes & Events

Registration Opens August 16

BONE & JOINT HEALTH

General Back Pain Symptoms & Treatments

Wednesday, Sep. 12; 1:30 to 3 p.m.

Dr. Joshua Abrams from the Desert Institute for Spine Care will discuss general back pain and answer questions related to symptoms and treatments.

Location: Banner Boswell/Memorial Hall West

CANCER CARE

Healthy Meal Prep for Cancer

Friday, Sep. 7; 10 to 11 a.m.

Chef Debra of Cancer Support Community of Arizona will highlight cold soups.

Location: The Colonnade

HEALTH & WELLBEING

Take a Tour of the Center for Health & Wellbeing

Tuesday, Sep. 4; 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

Navigating Your Senior Living Options

Thursday, Sep. 6; 10 to 11:30 a.m.

Ashleigh Wentz, Senior Living Adviser, will take you through various options of senior housing: oversight, levels of care and amenities.

Location: Iora Primary Care

Leading Your Most Balanced Life

Monday, Sep. 10; 2 to 3:30 p.m.

Join Physical Therapy Assistant Maren Harrison to learn about balance systems and strategies, the proper use of walking aids and fall recovery.

Location: The Colonnade

Achieving a Healthy Mindset: Resiliency and Beyond

Monday, Sep. 24; 1:30 to 3 p.m.

Michael Cofield, PhD, ABPP, addresses key factors to amplify health, happiness and higher performance in life.

Location: Faith Presbyterian Church

12 LiveWell • The Sun Health Way

Apheresis and Your Options

Tuesday, Sep. 25; 9:30 to 10:30 a.m.

Apheresis is the removal of a component of blood that is then replaced. Join Teri Johnson-Kelly and Kevin Cruz of Banner Health to learn about your treatment options.

Location: Banner Del Webb/Auditorium A&B

Rx Matters

Wednesday, Sep. 26; 2 to 3:30 p.m.

Join Prevention Specialist Jeanet Munoz from Area Agency on Aging to learn about drug misuse and abuse in older adults, the importance of not sharing medications, talking with your doctor or pharmacist and safe handling of medications.

Location: Grandview Terrace Ballroom

Get Ready! Get Moving! Go4Life!

Go4Life, an exercise and physical activity campaign from the National Institute on Aging at NIH, is designed to help you fit exercise and physical activity into your daily life. This year's **Go4Life Month** theme is **Get Ready! Get Moving! Keep Going!** Prepare to be more active, get moving with four types of exercise, stay on track, and make regular exercise a habit.

Tuesday, Sep. 18; 9 to 10:30 a.m.

Location: Banner Boswell/Juniper Conf. Room

Friday, Sep. 28; 8:30 to 10 a.m.

Location: Center for Health & Wellbeing

DIABETES CARE

Prediabetes: Knowing If You Are at Risk and What to Do About It

One out of three American adults has prediabetes, and most do not know it. Join Sun Health's Rhonda Zonoozi to learn how people with prediabetes can prevent or delay diabetes with lifestyle changes.

Thursday, Sep. 6;

9 to 10 a.m.; Center for Health & Wellbeing

1:30 to 2:30 p.m.; Banner Boswell/Chapman Conf. Room

Registration Required

SPACE IS LIMITED, SO REGISTER EARLY

Register Online

Beginning at 6 a.m. August 16
sunhealthcommunityeducation.org

Register By Phone

Beginning at 8 a.m. August 16
623-207-1703
except where noted

Classes with this icon () have an associated fee.

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.

Fees are nonrefundable unless the class is canceled.

Diabetes and Dementia: The Nutritional Link

Sun Health's Certified Diabetes Educators Susan Welter and Tracy Garrett share the link between diabetes and dementia and the lifestyle steps you can take to reduce your risk.

Friday, Sep. 14; 2 to 3:30 p.m.; Center for Health & Wellbeing
Wednesday, Sep. 19; 2 to 3:30 p.m.; La Loma Village MPR

National Diabetes Prevention Program

Sun Health's National Diabetes Prevention Program (NDPP) is led by a registered dietitian and an exercise physiologist. This year long lifestyle change program uses the CDC research-based curriculum to help you make the necessary nutrition, physical activity and behavioral changes to improve your health and prevent or delay the onset of type 2 diabetes. **Call 623-832-WELL (9355) to register.**

Thursdays, starting Sep. 13:

11 a.m. to noon.; Center for Health & Wellbeing
3 to 4 p.m.; Banner Boswell/Chapman Conf. Room

HEART HEALTH

Blood Pressure Checks

Wednesday, Sep. 19; 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

Managing Atrial Fibrillation

Monday, Sep. 24; 10 to 11:30 a.m.

Cardiac Educator Becky Kraemer, RN, explains how to manage and live healthy with Afib.

Location: Grandview Terrace H&R



Need a Ride?

Northwest Valley Connect is available
northwestvalleyconnect.org (623) 282-9300

MEMORY CARE

Dementia Caregiver Support Group

Marty Finley and Cheryl Ortega, Memory Care Navigators for Sun Health, lead these support groups.
Registration is not required.

Wednesdays, Sep. 5 & 19; 3 to 4 p.m.

Location: Grandview Terrace H&R

Thursdays, Sep. 13 & 27; 10 to 11 a.m.

Location: Iora Primary Care

Activities: Filling the Day with Meaning and Purpose

Wednesday, Sep. 19; 10 to 11:30 a.m.

Dr. Angela Allen with Banner Alzheimer's Institute will discuss how to adapt and vary activities to stimulate and engage a person with dementia to have fun and find success.

Location: The Colonnade

Introduction to Meditation for Stressed Caregivers

Thursday, Sep. 20; 9:30 to 11 a.m.

Join Marty Finley, Sun Health Memory Care Navigator, to learn how to manage stress and focus your thinking using easy to follow meditation methods.

Location: PORA

Normal Aging vs Dementia

Thursday, Sep. 27; 2 to 3:30 p.m.

Join Cheryl Ortega, a Sun Health Memory Care Navigator, to consider when memory issues may be more than those associated with the normal aging process.

Location: The Colonnade

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

Wednesdays – 8 to 9 a.m.; Series CY24:

Sep. 26; Oct. 3, 10, 17, 24 & 31; Nov. 7 & 14

Beginning Chair yoga.

\$ Chair Yoga Plus

Wednesdays – 9:30 to 10:30 a.m.; Series CYP5:

Sep. 26; Oct. 3, 10, 17, 24 & 31; Nov. 7 & 14

Chair Yoga using both seated and standing postures. Participants must be able to stand independently.

\$ Tai Chi

Wednesdays – 11 a.m. to noon; Series TC24:

Sep. 26; Oct. 3, 10, 17, 24 & 31; Nov. 7 & 14

Beginning Tai Chi modified for seniors.

\$ Strength Training for Health

Fridays – 11 a.m. to noon; Series ST24:

Sep. 28; Oct. 5, 12, 19 & 26; Nov. 2 & 9

Low-intensity class to strengthen the upper- and lower-body muscle groups. **Note:** This class is offered in a seven-class series. Registration requires 35 class credits or \$35.

SAFETY

Don't Fall for It!

Monday, Sep. 17; 2 to 3:30 p.m.

Join Exercise Physiologist Rhonda Zonoozi to learn how to reduce the risk of falling in your home and surroundings and how to increase your balance and mobility, wellbeing and physical safety.

Location: Grandview Terrace H&R

Consumer Scams/Identity Theft

Tuesday, Sep. 18; 1:30 to 3 p.m.

Betty Delano with the Office of the Attorney General will discuss different types of scams red flags that can help detect these scams, and how citizens can protect themselves from becoming a victim.

Location: Grace Bible Church

Stand Up to Falling Down

Friday, Sep. 21; 8:30 a.m. to 12:30 p.m.

See article on page 11 for details.

Location: The Colonnade

Location Key:

Banner Boswell/Chapman Conf. Room
Support Services, 2nd Floor, 13180 N. 103rd Dr., Sun City

Banner Boswell/Juniper Conf. Room
Services, 2nd Floor, 13180 N. 103rd Dr., Sun City

Banner Boswell/Memorial Hall West
Services, 1st Floor, 13180 N. 103rd Dr., Sun City

Banner Del Webb/Auditorium
14502 W. Meeker Blvd. Sun City West, use the Louisa Kellam Center for Women's Health entrance

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. Ste 101, Sun City West

La Loma Village MPR
La Loma Village Multipurpose Room, 2nd Floor, 14154 Denny Blvd., Litchfield Park

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

The Colonnade
19116 N. Colonnade Way, Surprise Way

Healthy U September Classes & Events At-A-Glance

MON	TUE	WED	THU	FRI
3 Labor Day Our Offices Are Closed	4 <ul style="list-style-type: none"> Take a Tour CHW; 11 a.m. to noon 	5 <ul style="list-style-type: none"> Dementia Caregiver Support Group; 3 to 4 p.m. 	6 <ul style="list-style-type: none"> Prediabetes: Knowing If You Are at Risk; 9 to 10 a.m. Navigating Your Senior Living Options; 10 to 11:30 a.m. Prediabetes: Knowing If You Are at Risk; 1:30 to 2:30 p.m. 	7 <ul style="list-style-type: none"> Healthy Meal Prep; 10 to 11 a.m.
10 <ul style="list-style-type: none"> Leading Your Most Balanced Life; 2 to 3:30 p.m. <p>Note: Mon. exercise class continues from prior month. Next series begins on Oct. 29, 2018</p>	11 	12 <ul style="list-style-type: none"> General Back Pain Symptoms & Treatment; 1:30 to 3 p.m. 	13 <ul style="list-style-type: none"> Dementia Caregiver Support Group; 10 to 11 a.m. Prediabetes Prevention Program (1 of 16); 11 a.m. to noon Prediabetes Prevention Program (1 of 16); 3 to 4 p.m. 	14 <ul style="list-style-type: none"> Diabetes and Dementia; 2 to 3:30 p.m.
17 <ul style="list-style-type: none"> Don't Fall for It!; 2 to 3:30 p.m. Diabetes Support Group; 3 to 4 p.m. 	18 <ul style="list-style-type: none"> Get Ready! Get Moving! Go4Life!; 9 to 10:30 a.m. Consumer Scams/Identity Theft; 1:30 to 3 p.m. 	19 <ul style="list-style-type: none"> Activities: Filling the Day; 10 to 11:30 a.m. Blood Pressure Checks; 2 to 4 p.m. Diabetes and Dementia; 2 to 3:30 p.m. Dementia Caregiver Support Group; 3 to 4 p.m. 	20 <ul style="list-style-type: none"> Intro to Meditation for Stressed Caregivers; 9:30 to 11 a.m. Prediabetes Prevention Program (2 of 16); 11 a.m. to noon Prediabetes Prevention Program (2 of 16); 3 to 4 p.m. 	21 <ul style="list-style-type: none"> Stand Up to Falling Down; 8:30 to 12:30 p.m.
24 <ul style="list-style-type: none"> Managing Afib; 10 to 11:30 a.m. Achieving a Healthy Mindset; 1:30 to 3 p.m. 	25 <ul style="list-style-type: none"> Apheresis and Your Options; 9:30 to 10:30 a.m. 	26 <ul style="list-style-type: none"> Chair Yoga (CY24); 8 to 9 a.m. Chair Yoga Plus (CYP5); 9:30 to 10:30 a.m. Tai Chi (TC24); 11 a.m. to noon Rx Matters; 2 to 3:30 p.m. 	27 <ul style="list-style-type: none"> Dementia Caregiver Support Group; 10 to 11 a.m. Prediabetes Prevention Program (3 of 16); 11 a.m. to noon Normal Aging vs Dementia; 2 to 3:30 p.m. Prediabetes Prevention Program (3 of 16); 3 to 4 p.m. 	28 <ul style="list-style-type: none"> Get Ready! Get Moving; Go4Life; 8:30 to 10 a.m. Strength Training (ST24); 11 a.m. to noon



Register Online

Beginning at 6 a.m. on August 16
sunhealthcommunityeducation.org



Register by Phone

Beginning at 8 a.m. on August 16
 623-207-1703



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

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Stand Up To Falling Down

Learn how falls
can be prevented

FALL PREVENTION SCREENING & AWARENESS EVENT

FRIDAY, SEPTEMBER 21

8:30 A.M. - 12:30 P.M.

COMPLIMENTARY FALL RISK ASSESSMENTS
BY APPOINTMENT

Space is limited. Registration required: 623-428-1741

SEE PAGE 11 FOR DETAILS

