

LiveWell

The Sun Health Way

OPEN TO THE COMMUNITY
Health & Wellness Classes
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Sun Health's 'rabbi in residence' officially ordained

The Gift of Life

Options abound for Valley residents who wish to donate organs or tissue

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Why older adults should think outside of the box on this important topic

Like Parents, Like Daughter

Milly and Buzz Nelson's generosity lives on through their daughter Jan



SATURDAY, NOVEMBER 10

Gala



*Emmitt Smith
NFL Hall of Famer*

Renaissance Glendale Hotel & Spa Cocktail Attire

PURCHASE TICKETS:
sunhealthfoundation.org/2018-gala

*For details on the event or sponsorship, contact Jamie Rogers
at 623-832-5734 or jamie.rogers@sunhealth.org.*

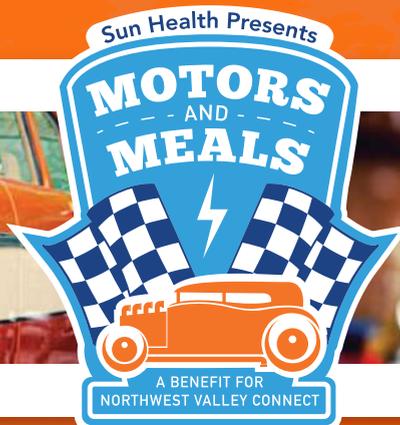
COCKTAILS ♦ DINNER ♦ DANCING ♦ AUCTIONS ♦ SPECIAL ENTERTAINMENT

Sun Health Presents

Car Show

**MOTORS
AND
MEALS**

Food Trucks



Giveaways

A BENEFIT FOR
NORTHWEST VALLEY CONNECT

Wine and Beer

Sunday, October 28, 2018

1:00-4:00 p.m. | Outdoor Event

Beardsley Park, 20011 N. 128th Ave, Sun City West



northwestvalleyconnect.org/event

**THANKS TO
OUR SPONSORS**



LiveWell

October 2018, Issue 38
SunHealthLiveWell.org

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Life is a onetime offer. Use it well. – Author unknown

In this month's *LiveWell*, we offer information and stories to, well, help you capitalize on life's *onetime offer*.

Meet Jesse Charyn, a Sun Health chaplain and newly ordained rabbi who serves as a rock to Sun Health residents, members, patients and staff. His warm and welcoming demeanor, knowledge and compassion have helped foster spirituality inside and outside Sun Health.

Life is precious. Perhaps no one knows this better than organ donor recipients and organ donors. Read a real story of hope from a donor recipient, her daughter and two donor advocates.

Take it from Dr. Radha Ramamrutham: health screenings, especially for those of us getting up in years, can vastly improve our lives through prevention.

Jan Nelson is living proof that the apple doesn't fall far from the tree. Her parents, Milly and Buzz Nelson, set an example of serving the community that their daughter has followed faithfully.

I hope you enjoy this issue and if you have thoughts to share, we're listening. Reach out to us at information@sunhealth.org.

To your life,



Joe La Rue
President and CEO, Sun Health

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Please follow us on:



On the cover: Rabbi Jesse Charyn leads a special Shabbat service.

Colonnade resident Fran Cohen (L) presents Rabbi Jesse Charyn with a yad, a pointer used to follow the text during the Torah reading from the parchment Torah scrolls.

Mazel Tov

Sun Health's 'rabbi in residence' officially ordained

By Shanna Hogan and John Tucker

Inside her unit at Grandview Terrace, 103-year-old Sybil Newman inches slowly from her dining room table to her couch.

“Everything about me has become rusted,” she quips.

On a recent Friday morning she is meeting privately with Sun Health's newly ordained Rabbi Jesse Charyn. The Jewish granddaughter of a well-known New York rabbi, Sybil is a regular at Rabbi Jesse's biweekly services and consults with him for spiritual guidance, at times the two conversing in Hebrew.

“The word rabbi itself literally translates from Hebrew to ‘teacher’ and Rabbi Jesse has all the necessary qualities of a teacher,” says Sybil, a retired math professor. “He truly cares about helping people learn.”

While 34-year-old Jesse Charyn has long been known as Sun Health's rabbi in residence, it wasn't until this June that he became officially ordained.

The son of two Jewish educators, Rabbi Jesse grew up in Chattanooga, Tennessee and moved to Israel in 2002. While serving in the Israeli army, he met an

Arizona State University student named Shira, who was spending a gap year in Israel.

In 2006, after Rabbi Jesse was discharged from the military, he followed Shira to Arizona, where he continued his education at ASU. The two were married in 2009 and recently welcomed a baby girl.

Rabbi Jesse spent years training at rabbinical schools in Los Angeles, Philadelphia, Jerusalem and New York. While working as a chaplain at Banner University Medical Center, he learned about Sun Health's spiritual services and was hired as a part-time consultant, organizing Jewish activities and events.

“I really love working with older adults,” Rabbi Jesse says. “I use the language that I have a very old soul.”

In January 2017, he was hired full time at Sun Health. “I really feel honored to serve the residents,” he says. “As a rabbi for Sun Health, I'm not just employed for the Jewish residents. I use my knowledge ... to uplift all residents and staff spiritually.”

When he meets a new resident, Rabbi Jesse provides his business card with his personal cell phone number.



PHOTO BY ALLEN BUTLER

“Being a rabbi is not just a job from 8 a.m. to 5 p.m.,” Rabbi Jesse says. “I am accessible and available to residents, their families and Sun Health staff.”

When Sun Health residents learned Rabbi Jesse was being officially ordained, he says he received an outpouring of support from many of them who have grown to become close friends.

“Everyone here has so much wisdom and phenomenal life experiences,” Rabbi Jesse says. “I’m not only here to serve the needs of the residents and assist them in spiritual matters, I also ask questions, build relationships and learn from each resident.”

At Shabbat and other services, Sybil says she’s noticed the impact the rabbi has had on the Jewish residents.

“I think he paints a good picture of what Judaism means,” Sybil says. “He’s perfect for Sun Health residents. He’s outgoing, personable and has a nice way with people.”

Sybil Newman passed away shortly after this story was written. May her memory be a blessing.

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

MOVED BY THE SPIRIT

Legendary comedian George Burns once said, “The secret of a good sermon is to have a good beginning and a good ending, and to have the two as close together as possible.”

Fear not. This is not a sermon but rather a summary (read “short”) of Sun Health’s Spiritual Life department created in 2015 to provide spiritual care, counsel, support and education to Sun Health residents, members, staff and the greater community.

Shortly after I was hired as the department’s director, Rev. Alrick Headley and Rabbi Jesse Charyn joined the team.

You’ll find us leading worship opportunities, communion services, Bible studies and Shabbat services at each of Sun Health’s Senior Living communities. We also plan and celebrate religious holidays. In addition, we provide general counseling and grief and loss counseling when people are facing death and dying.

We also offer numerous education and learning opportunities including book clubs and lectures on topics ranging from world religions, medical ethics instruction and the Hebrew language. We take interested residents on field trips to local religious sites, and we are planning an upcoming trip to Israel in April of 2019, led by Rabbi Jesse and me.

We’ve also worked hard to establish ties with local clergy and to invite the community to attend our events. On that note, I’d like to invite you to attend a World Religion Panel Discussion, 10 to 11:30 a.m., Friday, Oct. 26 at The Colonnade, 19116 N. Colonnade Way, Surprise. Representatives from several world religions will share their perspectives. To RSVP for the panel discussion, please call 623-207-1703.



Rev. David Klumpenhower
 Director of Spiritual Life

The Gift of Life

By Alison Stanton

Options abound for Valley residents who wish to donate organs or tissue

On March 17, 2015, Judy Weinberg received a medical diagnosis that would change her life forever.

Judy's primary care physician noticed her blood pressure was much higher than normal. The doctor ran several lab tests, one of which indicated that Judy's kidneys were shutting down.

Judy's daughter, Jennifer Drago, recalls the experience. "In the course of being in the hospital my mom started dialysis and we hoped her kidneys would regain function, but they never did."

Judy, a West Valley resident, continued to receive dialysis for more than two years, spending four hours a day, three times a week at the dialysis center. While thankful for the lifesaving dialysis treatment, she felt fatigued, weak and was in frequent pain due to cramping.

When Judy was asked if she wanted to consider going on the organ transplant waiting list, Jennifer says her mom was initially hesitant.

"She was 74 years old at the time and she wasn't sure it made sense," says Jennifer, who is executive vice president of Population Health at Sun Health.

But a nurse at the dialysis center reminded her she was still very healthy and that a transplant could dramatically improve the quality and length of her life.

In April 2017, Judy went on the organ transplant waiting list. She was advised it could be up to two years until she received a donor kidney.

Two-and-a-half months later, Judy's phone rang in the middle of the night. The medical team at Mayo Clinic had a kidney that was a possible match.

Judy went to the hospital and received her new kidney on June 29, 2017. Within four days, she was back home. She later learned that her donor was a young person who had not survived a car accident.

"Thanks to the kidney donor and the donor's family, my mom's life has been transformed," Jennifer says, adding that Judy no longer needs dialysis and has returned to her hobbies as well as the work that she loves — fitting people with hearing aids.

Anyone can be a donor

People of all ages and with any medical condition are welcome to register to be an organ, tissue and cornea donor, says Nico Santos, media relations coordinator for Donor Network of Arizona.

"People often rule themselves out thinking, 'Oh, I have diabetes or I'm 92 years old,' but people from all walks of life are organ donors and we invite people to register no matter what," Nico says. He tells of a donor who had complications from diabetes whose donations helped 71 people.

Most people register to be an organ donor through the Arizona Motor

Vehicle Division when they update or renew their driver's license or state identification card. They may also sign up at www.donatelifiaz.org.

Let loved ones know

Although the hospital is required to call the Donor Network of Arizona when someone passes away to check the registry, Nico says people should also share their decision with their loved ones.

To protect confidentiality, donor family members can learn about the specifics of their loved one's recipients but only after both parties agree to share personal and contact information.

"We take care of these heroes, because their loved one went on to save and heal lives," Nico says.

Donating brain or body in the name of science

For people who wish to donate their entire body and brain to help scientists research conditions like Alzheimer's and Parkinson's disease, the Brain and Body Donation program at Banner Sun Health Research Institute provides an option.

"Volunteers can donate their brain or whole body to research. We bank samples of different body organs to help researchers who are studying diseases of all kinds," says program director Dr. Thomas Beach, M.D., Ph.D.

Approximately 650 volunteers come in once a year to participate in the study, also known as the Arizona Study of Aging and Neurodegenerative Disorders.

"We follow our volunteers to understand and track medical issues that they have through the remainder of their lives. We are also interested in how the brain functions during aging," he says

By the end of 2019, he hopes the program will grow to allow 800 volunteers.

"The community has been so enthusiastic, we do have a waiting list," Dr. Beach says, adding that volunteers who currently have Alzheimer's disease, Parkinson's disease, dementia with Lewy bodies, REM sleep behavior disorder or cancer will be accepted into the program right away. Others may have to wait two or three years for an opening.

ADDITIONAL RESOURCES FOR WHOLE-BODY, ORGAN AND TISSUE DONATION IN ARIZONA

Donor Network of Arizona:
1-800-94-DONOR • www.donatelifiaz.org

Banner Sun Health Research Institute, Brain and Body Donation Program
(623) 832-6500 • www.brainandbodydonationprogram.org

LifeLegacy Foundation (now run by Science Care):
800-417-3747 • www.sciencecare.com/life-legacy

Midwestern University, Body Donation Program:
623-806-7990 • www.midwestern.edu/glendale_campus/body_donation_program.html

University of Arizona, College of Medicine Tucson, Willied Body Program:
520-626-6083 • www.bodydonation.med.arizona.edu



Dr. Radha Ramamrutham

Preventive Health Screenings 101

Why older adults should think outside of the box on this important topic

By Alison Stanton

When it comes to preventive health screenings and vaccinations, seniors may understandably focus on the more common recommendations like annual cholesterol checks, colonoscopies starting at age 50 and getting a flu shot every year.

While these are important and should be considered, Dr. Radha Ramamrutham says older adults should also be regularly screened for additional issues that are not typically considered.

Traditional health screenings may not be enough

“I prefer a more holistic approach,” says Dr. Ramamrutham, a board-certified geriatrician and medical director of Sun Health at Home, as well as a board-certified internist and hospice and palliative medicine physician. “For example, what about things like the risk of falling and checking cognition and hearing? Who is looking into whether or not the house is safe?”

She recommends that most seniors follow the common preventative health screening and vaccinations suggestions, which include an annual blood test to check for cholesterol levels and blood

sugar, a bone density scan every year after the age of 65, pneumococcal vaccines starting at age 65 and yearly influenza (flu) vaccinations. But she also suggests that primary care physicians conduct these additional screenings annually with their patients 65 and older.

Alcohol use

Some people grow bored with retirement. “They are now going out regularly to play bridge or golf and may have slowly started to consume alcohol daily,” Dr. Ramamrutham says. She encourages physicians to screen their patients for alcohol use and possible abuse.

Medications

At least once a year, older adults should confer with their primary care physician or pharmacist about the medicines that they take. “They should bring an accurate list of all of their medicines to their annual visit,” she says.

“The doctor should also ask if the medicines are affordable — for some older adults they try to cut down on their doses because the costs are too high,” Dr. Ramamrutham says. Doctors and



pharmacists should also be on the lookout for what she calls a “prescription cascade,” where a senior ends up taking medications to treat the side effects of other drugs.

Social support and depression

Physicians should also talk with their older patients about topics like elder abuse, anxiety and depression, Dr. Ramamrutham says. “Are they being mistreated, abused or exploited? How is their social support network?”

Other important issues for screening

She also advises that older adults be screened annually to assess their ability to drive safely, and to check on possible issues with memory, hearing, incontinence, swallowing, dental health, sudden changes in weight, activity level, nutrition and financial stability.

When it is appropriate to stop screenings

Dr. Ramamrutham recognizes the importance of preventive measures but she also believes it’s important to weigh the risks and benefits of screenings.

“When deciding whether to do a screening, a lot depends on life expectancy,” she says. “If you have a man who is 90 years old and is still golfing and doing great, he may easily live another 5 or 10 years, so I would probably advise him to continue with the recommended health screenings.”

In addition to the tests themselves, Dr. Ramamrutham says an abnormal result that requires additional time and expense may be so anxiety-provoking in some older patients, it may be better to skip it.

“A good example is an MRI, which is not an easy test for an older person to go through. Before suggesting such an expensive test, we should determine if it is really necessary.”

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, Arizona.

- Tuesday, October 2 at 10 a.m.
- Monday, October 8 at 3 p.m.
- Wednesday, October 17 at 11 a.m., Wickenburg Community Hospital, 520 Rose Lane, Wickenburg. *Seminar & Luncheon*
- Tuesday, October 30 at 2 p.m.

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

Like Parents, Like Daughter



Jan Nelson with a photo of her parents: Milly and Buzz Nelson

Milly and Buzz Nelson's generosity lives on through their daughter Jan

By John Tucker

Jan Nelson absorbed many traits from her parents Milly and Buzz Nelson.

Like her mother, Jan adores purple. It's reflected in her clothes, her home décor and a lavender golf cart that turns heads wherever Jan drives it.

Her parents loved to travel and explore new cultures. At last count, Jan had visited 185 countries. She attended her freshman year of college at Schiller College, located in a castle overlooking the Rhine River in Germany.

But, philanthropy easily stands as one of the greatest traits that Jan learned from her parents.

"My parents always believed in giving back," Jan says, "and they modeled behavior that encouraged me to give of my time, talent and treasure." Jan now lives at The Colonnade in Surprise, a Sun Health Senior Living community. Her parents both passed away in 2003.

Jan and her younger sister Jenee grew up in locales ranging from Cedar Rapids, Iowa, to Chicago to London. Buzz was an executive for Quaker Oats for 45 years, while Milly was a stay-at-home mom. Family came first. Jan fondly remembers family dinners, outings

and attending church together. "It was a solid, home atmosphere," Jan recalls. "They taught us to always do the right thing and that included helping those in need."

Milly and Buzz moved from Chicago to Sun City West in 1989, shortly after Buzz retired from Quaker Oats. Milly became a regular volunteer at Banner Del E. Webb Medical Center and the couple got involved in Sun Health Foundation, to help improve health care in the community. Sun Health Foundation sponsored cruises for several years to raise funds and provide

“They really were my best friends. I learned about philanthropy from the best: my parents.”



Jan's dog, Pickles

community members with opportunities to travel. By Jan's accounting, her parents went on all the cruises. She joined them on most of the trips.

After Jan graduated from Luther College in Decora, Iowa in 1970, she tried her hand in the banking and insurance industries but realized it wasn't a good fit. On a lark, she applied for a job with the Illinois Bureau of Investigation and was hired. It marked the beginning of a three-decade career in law enforcement at city, state and federal levels. Jan became an intelligence specialist and later also worked as an agent for the DEA. Intelligence and agent skills are a rare combination that her bosses found invaluable when it came to cracking cases involving organized crime, drug rings and terrorism.

In 1989, Jan moved to the Phoenix area to be closer to her parents. She landed a job with the FBI Phoenix office, where she performed a variety of duties, including serving on the terrorism squad that warned three months before 9/11 that a major terrorist attack was imminent.

Jan was working that day. She and her colleagues watched in horror as the attack unfolded. "It was very disturbing," Jan remembers. The team began working around the clock to document who was behind the attacks.

During this time, Jan's parents' health began to decline. She moved to Sun City Grand to be closer to her parents and to help care for them. They passed away within five weeks

of each other, leaving Jan distraught. Her own health suffered, leading her to take a medical retirement from the FBI in 2003.

Never one to sit still for long, Jan immersed herself in life at Sun City Grand and in causes, including Sun Health. Like her mother before her, Jan volunteered at Banner Del E. Webb, served on various committees and gave generously. A major donation she made to Banner Del E. Webb is recognized in the hospital's main lobby. It features a large geode

with purple accents.

Jan recently moved to The Colonnade, in part to be closer to help if she needs health care assistance. These days she's content with life's simpler pleasures like spending time with old and new friends and caring for Pickles, a "mutt" she rescued from a shelter.

Every day she reflects on the gifts her mother and father gave her.

"They really were my best friends. I learned about philanthropy from the best: my parents."



Reach Your Sun Health Foundation Development Staff

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Classes & Events

Registration Opens September 13

CANCER CARE

Healthy Meal Prep for Cancer

Fridays, Oct. 5 & 19; 10 to 11 a.m.

Chef Debra of Cancer Support Community of Arizona will highlight Calcium-Rich and Dairy-Free (10/5) and Vegetarian Potluck Ideas (10/19).

Location: The Colonnade

DIABETES CARE

Diabetes Cooking Series

Thursdays, Oct. 4, 11, 18 & 25; 2:30 to 4 p.m.

In this four-part series, Sun Health's Registered Dietitian & Certified Diabetes Educator Susan Welter will show how to prepare easy healthy meals at home to keep your blood-sugar levels balanced. Food demos and tastings are included. **Note: Registration for this four-class series requires 80 class credits (\$80).**

Location: Center for Health & Wellbeing

Annual Diabetes Self-Management Education

Monday, Oct. 8; 1:30 to 3:30 p.m.

This class is for those who have previously completed a Diabetes Self-Management Training 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) to register. Fee covered by most insurance plans.**

Location: The Colonnade

Diabetes Connection Support Group

Monday, Oct. 15; 3 to 4 p.m.

This monthly group is for individuals who have diabetes or prediabetes. We'll increase your knowledge about diabetes with "Diabetes Bingo." **Registration is not required.**

Location: Center for Health & Wellbeing

Diabetes Self-Management Training

This 10-hour accredited course provides guidance to improve overall health and help prevent diabetic complications. This series is taught by Tracy Garrett and Susan Welter, registered dietitians and certified diabetes educators, and Rhonda Zonoozi, exercise physiologist and certified health coach. **Please call 623-832-WELL (9355) to register and inquire about insurance coverage. The fee for this series is covered by Medicare and most insurance providers and requires a physician referral. Register at least one week prior to the start of the series.**

Tuesdays, Oct. 16, 23 & 30; Nov. 6 & 13

9:30 to 11:30 a.m.; Center for Health & Wellbeing 2 to 4 p.m.; Banner Boswell/Juniper Conf. Room

Wednesdays, Oct. 17, 24 & 31; Nov. 7 & 14

9 to 11 a.m.; Banner Thunderbird/Conf. Room 3

HEALTH & WELLBEING

Exercising Your Pelvic Floor

Monday, Oct. 8; 2 to 3:30 p.m.

Yoga instructor Donna Schnoor will discuss Pelvic Floor Dysfunction and explore techniques and exercises to identify and strengthen these muscles. **Participants must be able to get up and down from floor. Please bring a yoga mat. Note: Registration for this class requires 10 class credits (\$10).**

Location: The Colonnade

Symphony of the Cells™ – Essential Oils

Join Cynthia Campbell, certified essential oils coach, to learn about essential oils and how they help balance the physiology, biology and emotional aspects of the human body. **Note: Registration for this class requires 10 class credits (\$10).**

Friday, Oct. 12; 1:30 to 3 p.m.

Location: Center for Health & Wellbeing

Friday, Oct. 26; 8:30 to 10 a.m.

Location: Center for Health & Wellbeing

Overcoming Elder Exploitation Symposium

Tuesday, Oct. 16; 8 a.m. to 12:30 p.m.

Senior exploitation can take many forms including physical and financial abuse. Please join us to learn of important local resources to assist, how to recognize signs of exploitation in others and how to protect yourself.

Location: SCW Foundation/Webb Room

Registration Required
SPACE IS LIMITED, SO REGISTER EARLY

 Register Online

Beginning at 6 a.m. September 13
sunhealthcommunityeducation.org

 Register By Phone

Beginning at 8 a.m. September 13
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.

Sun Health Foundation: The Score According to Ore
Tuesday, Oct. 16; 1:30 to 3 p.m.

Gina W. Ore, Chief Philanthropy Officer of Sun Health Foundation, will discuss healthy living, research and superior health-care projects that have been funded by community support.

Location: Grace Bible Church

Mindfulness: Practical Solutions for Dealing with Life's Problems

Thursday, Oct. 18; 9:30 to 11 a.m.

Join Susan High, LPC, licensed counselor and certified in yoga/mindfulness in an interactive session on mindfulness, reducing your stress and increasing your sense of wellbeing.

Location: PORA

Senior Care Preparation – Getting Your Ducks in a Row
Monday, Oct. 22; 1:30 to 3 p.m.

Join Claudia Rumwell, RN, and learn to prepare, organize, and set up a plan for successful aging and/or caregiving.

Location: Faith Presbyterian Church

Is It Hearing Loss or Memory Loss?

Wednesday, Oct. 24; 1:30 to 3 p.m.

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

Location: Faith Presbyterian Church

LUNG HEALTH

Staying Active with COPD

Tuesday, Oct. 23; 10 to 11:30 a.m.

Individuals with chronic obstructive pulmonary disease (COPD) can benefit by staying active. Exercise Physiologist Rhonda Zonoozi shares how to safely maximize the benefits from physical activity.

Location: La Loma Village/MPR

Valley Fever: Symptoms, Diagnosing & Treatment

Wednesday, Oct. 31; 9 to 10:30 a.m.

Join pulmonologist Dr. Craig Rundbaken to learn about Valley Fever signs, symptoms, diagnosis and treatment.

Location: Banner Del E. Webb/Auditorium

SunHealthLiveWell.org

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, Oct. 3 & 17; 3 to 4 p.m.

Location: Grandview Terrace H&R

Thursdays, Oct. 11 & 25; 10 to 11 a.m.

Location: Iora Primary Care

Engaging Your Loved One with Memory Loss in Brain Stimulating Activities

Tuesday, Oct. 30; 9:30 to 11 a.m.

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

Location: Banner Sun Health Research Institute/Bldg. A Conf. Room

NUTRITION

Mediterranean Lifestyle

Wednesday, Oct. 10; 1:30 to 3 p.m.

Join Sun Health's Registered Dietitian Susan Welter as she discusses the Mediterranean style of eating, its benefits and how to make simple shifts in your food choices.

Location: Banner Sun Health Research Institute/Bldg. A Conf. Room



Healthy U

October 2018

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).

Fit & Balanced

Wednesdays, 1:30 to 2:30 p.m.; Series FAB6:
Oct. 17, 24 & 31; Nov. 7, 14 & 28; Dec. 5 & 12

Low-intensity class focusing on the strength, flexibility, and balance exercises using a chair as support. Participants must be able to stand independently.

Chair Yoga

Mondays, 8 to 9 a.m.; Series CY25:
Oct. 29; Nov. 5, 12, 19 & 26; Dec. 3, 10 & 17

Beginning chair yoga.

Mat Yoga

Mondays, 9:30 to 10:30 a.m.; Series MY6:
Oct. 29; Nov. 5, 12, 19 & 26; Dec. 3, 10 & 17

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 TC25:
Oct. 29; Nov. 5, 12, 19 & 26; Dec. 3, 10 & 17

Beginning Tai Chi modified for seniors.

Strength Training for Health

Mondays, 1 to 2 p.m.; Series ST25:

Oct. 29; Nov. 5, 12, 19 & 26; Dec. 3, 10 & 17

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

SAFETY

Matter of Balance

Fridays, 9:30 to 11:30 a.m. Oct. 5, 12, 19 & 26;
Nov. 2, 9, 16 & 30

Have you restricted activities because of the fear of falling? This eight-class, evidence-based series is designed to reduce falls and the fear of falling while increasing activity levels among older adults.

Note: This eight-class series requires 25 class credits (\$25).

Location: Sun Valley Lodge

Balance & Strength Training

Wednesdays, 3:30 to 4:30 p.m.; Oct. 17, 24 & 31;
Nov. 7, 14 & 28; Dec. 5 & 12

Led by Rhonda Zonoozi, exercise physiologist, this advanced class emphasizes balance exercises along with leg and core strength training. **Participants must be able to stand without assistance.**

Call 623-832-WELL (9355) to register and inquire about cost.

Location: Center for Health & Wellbeing

SPIRITUALITY

World Religions Panel Discussion

Friday, Oct. 26; 10 a.m.

Leaders of various faiths will share their views on creation, salvation, the after-life and more.

Location: The Colonnade

Location Key:

Banner Boswell/Juniper Conf. Room
Services, 2nd 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

Banner Sun Health Research Institute/ Bldg. A Conf. Room
10515 W. Santa Fe Dr., Sun City, AZ

Banner Thunderbird/Conf. Room 3
5555 W. Thunderbird Rd., Glendale

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 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

SCW Foundation/Webb Room
14465 RH Johnson Blvd., Sun City West

Sun Valley Lodge
12415 N. 103rd Ave., Sun City, AZ

The Colonnade
19116 N. Colonnade Way, Surprise, AZ

Healthy U October Classes & Events At-A-Glance

| MON | TUE | WED | THU | FRI |
|--|--|--|---|---|
| 1 | 2 | 3 | 4 | 5 |
| | <ul style="list-style-type: none"> Take a Tour CHW; 11 a.m. to noon | <ul style="list-style-type: none"> Dementia Caregiver Support Group; 3 to 4 p.m. <p>Note: Wed. exercise classes continue from prior month. Next series begins on Nov. 21, 2018</p> | <ul style="list-style-type: none"> Diabetes Cooking Series; 2:30 to 4 p.m. | <ul style="list-style-type: none"> Matter of Balance (1 of 8); 9:30 to 11:30 a.m. Healthy Meal Prep; 10 to 11 a.m. <p>Note: Fri. exercise class continues from prior month. Next series begins on Nov. 30, 2018</p> |
| 8 | 9 | 10 | 11 | 12 |
| <ul style="list-style-type: none"> Annual Diabetes Training; 1:30 to 3:30 p.m. Exercising Your Pelvic Floor; 2 to 3:30 p.m. | | <ul style="list-style-type: none"> Mediterranean Lifestyle; 1:30 to 3 p.m. | <ul style="list-style-type: none"> Dementia Caregiver Support Group; 10 to 11 a.m. Diabetes Cooking Series; 2:30 to 4 p.m. | <ul style="list-style-type: none"> Matter of Balance (2 of 8); 9:30 to 11:30 a.m. Symphony of the Cells™; 1:30 to 3 p.m. |
| 15 | 16 | 17 | 18 | 19 |
| <ul style="list-style-type: none"> Diabetes Support Group; 3 to 4 p.m. | <ul style="list-style-type: none"> Elder Exploitation; 8 a.m. to 12:30 p.m. Diabetes Self-Management Training (1 of 5); 9:30 to 11:30 a.m. Sun Health Foundation; 1:30 to 3 p.m. Diabetes Self-Management Training (1 of 5); 2 to 4 p.m. | <ul style="list-style-type: none"> Diabetes Self-Management Training (1 of 5); 9 to 11 a.m. Fit & Balanced (FAB6); 1:30 to 2:30 p.m. Dementia Caregiver Support Group; 3 to 4 p.m. Balance & Strength (1 of 8); 3:30 to 4:30 p.m. | <ul style="list-style-type: none"> Mindfulness: Practical Solutions; 9:30 to 11 a.m. Diabetes Cooking Series; 2:30 to 4 p.m. | <ul style="list-style-type: none"> Matter of Balance (3 of 8); 9:30 to 11:30 a.m. Healthy Meal Prep; 10 to 11 a.m. |
| 22 | 23 | 24 | 25 | 26 |
| <ul style="list-style-type: none"> Senior Care Preparation; 1:30 to 3 p.m. | <ul style="list-style-type: none"> Diabetes Self-Management Training (2 of 5); 9:30 to 11:30 a.m. Staying Active w/ COPD; 10 to 11:30 a.m. Diabetes Self-Management Training (2 of 5); 2 to 4 p.m. | <ul style="list-style-type: none"> Diabetes Self-Management Training (2 of 5); 9 to 11 a.m. Hearing or Memory Loss? 1:30 to 3 p.m. FAB6 Continues Balance & Strength (2 of 8); 3:30 to 4:30 p.m. | <ul style="list-style-type: none"> Dementia Caregiver Support Group; 10 to 11 a.m. Diabetes Cooking Series; 2:30 to 4 p.m. | <ul style="list-style-type: none"> Symphony of the Cells™; 8:30 to 10 a.m. Matter of Balance (4 of 8); 9:30 to 11:30 a.m. World Religions Panel Discussion; 10 a.m. |
| 29 | 30 | 31 | | |
| <ul style="list-style-type: none"> Chair Yoga (CY25); 8 to 9 a.m. Mat Yoga (MY6); 9:30 to 10:30 a.m. Tai Chi (TC25); 11 a.m. to noon Strength Training (ST25); 1 to 2 p.m. | <ul style="list-style-type: none"> Engaging Your Loved One; 9:30 to 11 a.m. Diabetes Self-Management Training (3 of 5); 9:30 to 11:30 a.m. Diabetes Self-Management Training (3 of 5); 2 to 4 p.m. | <ul style="list-style-type: none"> Diabetes Self-Management Training (3 of 5); 9 to 11 a.m. Valley Fever; 9 to 10:30 a.m. FAB6 Continues Balance and Strength (3 of 8); 3:30 to 4:30 p.m. | <p>  Register Online <i>Beginning at 6 a.m. on September 13</i> sunhealthcommunityeducation.org </p> <p>  Register by Phone <i>Beginning at 8 a.m. on September 13</i> 623-207-1703 </p> | |



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