

Celebrating Your Health & Lifestyle

November 2018

LiveWell

The Sun Health Way



Get Well Soon

How to recover smoothly from a hospital stay

Philanthropy Runs in the Family

Father and son build a legacy of care

Hope for the Journey

Memory Care Navigators help clients and families cope with dementia

Proud to Serve

Remembering the service of our veterans



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Discover great deals on a host of gently used clothes, accessories, household goods, furniture, antiques and more.



All purchases are tax free and all proceeds benefit two local medical centers, a research institute and numerous health and wellness programs.

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We always welcome donations at our resale shops. To schedule a free local pickup of large furniture donations, please call 623-974-1010.

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sunhealth.org

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sunhealthfoundation.org

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◆ **La Loma Village**
623.537.7521

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SUN HEALTH at HOME
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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.

Veterans Day is a time to honor those who have served in the U.S. Armed Forces. Many of our Sun Health residents and employees are veterans, and to them I say, “Thank you for your service!” As you read this month’s *LiveWell*, I think you’ll enjoy the stories of John Cooper, a veteran of three wars, and Rita Holton, who served in the Navy for 27 years.

Making the transition from hospital to home can be challenging. Our Sun Health at Home staff offer tips to make it a “smoother move.”

In this issue, you also will meet father and son Howard and David Monheit. Howard is a former chairman of the Sun Health Foundation board on which David currently serves as treasurer. Their family commitment to serving those in need has benefited the West Valley in countless ways.

And finally, you’ll learn about our Memory Care Navigator Program, which helps clients and their families manage the impact of Alzheimer’s disease and related dementias and assists them in obtaining the services they need.

Once again, we’ve packed this issue full of useful and inspiring stories. I hope you enjoy it. And as always, we invite you to share your feedback at information@sunhealth.org.

To your health,



Joe La Rue
President and CEO, Sun Health

4

Proud to Serve

Remembering the service of our veterans

6

Get Well Soon

How to recover smoothly from a hospital stay

8

Philanthropy Runs in the Family

Father and son build a legacy of care

10

Hope for the Journey

Memory Care Navigators help clients and families cope with dementia

12

Healthy U

Sun Health Community Education class listings, events & activities



(L) Howard and David Monheit

8



Judi and Alan Hughes

10

Please follow us on:



SunHealthLiveWell.org

On the cover: La Loma Village resident Rita Holton looks back on 27 years in the Navy and Naval Reserve

S Proud to Serve

Remembering the service of our veterans

By Shanna Hogan

It was 1944 – five years into World War II and a young U.S. Army pilot was soaring over Germany when a hail of gunfire suddenly pierced his plane. As the aircraft lurched toward the ground, John Cooper tightened the straps on his parachute and prepared to jump.

“Airplanes don’t fly when they are full of bullet holes,” John says with a laugh more than seven decades later. “I started to parachute and then the plane exploded and parachuted me out anyway ... I lost two of my crew members, unfortunately.”

Eight others survived, but once on enemy soil John was captured by German soldiers. For the next year

and a half he would remain in a German camp as a prisoner of war.

Now a 97-year-old resident of Grandview Terrace, John is one of many veterans who reside in one of the three Sun Health Senior Living communities. In honor of Veterans Day, *LiveWell* invited John and another resident to reflect on their war stories.

Finding freedom and a lifelong career

After being captured by the Germans, John was interrogated for hours before being forced onto a train and hauled to a prison camp near the former Czechoslovakian border. Later, the prisoners were marched through East Germany. While shuffled between camps, some prisoners tried to dig holes or plot escapes. But John mostly kept to himself and says he was treated decently.

“The Germans were very pragmatic about how they took care of prisoners,” John says. “The German guards we had were older and they were sick and tired of the war.”

At the end of WWII, American soldiers freed John and the other prisoners. John returned to the United States but jokes he didn’t have the “sense to get out” of the military. He continued serving in the Air Force for three decades during the Korean and Vietnam wars.

During peace times he was stationed in Australia, where he met his wife Elaine. The couple later relocated to Washington where John worked for several years in high-level military desk jobs before retiring in 1972. In 2003, the Coopers settled in Arizona.



John Cooper



Rita Holton

Navy launches a career

Her interests range from fine art to world culture to human history. It sounds like heady stuff, but Rita Holton is very practical.

When she earned a degree in anthropology in 1968 from George Washington University in Washington, D.C, she knew finding a job in the field without further education would be tough. Her practical side kicked in.

“I wanted to get into the workforce in a responsible position where I could learn leadership skills and where there were better opportunities for women,” the Long Island native says.

Two older sisters, both nurses in the Air Force, encouraged Rita to explore the armed services as an option. She took their advice and enlisted in the Navy in 1969.

At the time, the Navy was opening more doors for women, but they still were few in number compared to men. Unlike today, women were barred from combat missions and serving at sea other than on hospital ships and transports. Rita was assigned to administrative duties but worked her way up to become a personnel (human resources) and training officer. She served two tours in San Diego and one in Hawaii, where she was stationed near Pearl Harbor.

“I would take a boat to work every morning and we’d pass the USS Arizona Memorial, which was always moving,” Rita says.

Rita feels grateful for her seven years of active duty in the Navy. “It definitely gave me the skills to really launch a solid career.” After her discharge, she moved to New York City and carved out a successful career in human resources, mostly in the financial services industry. Rita continued serving her country in the Naval Reserve for 20 years, retiring as a commander.

“When I look back on my service, I’m amazed how much I learned,” Rita says.

Today, she lives at La Loma Village, a Sun Health Senior Living community, where dozens of other veterans reside. “The veterans here have such great stories. It’s inspiring to listen to them,” Rita says.

Her self-appointed duty these days is to encourage young people to consider joining the service. “It’s a great place to learn responsibility and integrity and to gain leadership skills.”

MY JOE

Earlier in my career, I was the executive director of a retirement community in Mesa. When I started the job, I met a resident named Joe.

It’s not polite, but with Joe’s hulking frame he reminded me of Shrek, the green ogre of movie fame. Unlike the friendly Shrek, Joe wore a permanent scowl, motored around aggressively on his scooter and rarely associated with others. He was intimidating and kind of scary. Others felt similarly.

Boy, were we wrong.

One day I learned that Joe had served in the Army in the Vietnam War and that he had rescued his platoonmates from an ambush by the North Vietnamese. He was a hero.

Like so many Vietnamese and Vietnam vets, Joe was exposed to Agent Orange, and it seriously damaged his health including robbing him of his ability to walk. Joe looked 10 or more years older than his actual age.

I became friends with “My Joe,” as I took to calling him. Under his gruff exterior was a heart of gold. I learned that he and his late wife had foster parented hundreds of children and even adopted 10 of them.

Just as Joe was coming out of his shell, his health took a bad turn landing him in the hospital. He eventually died there.

I went to Joe’s funeral at the National Memorial Cemetery of Arizona. I was floored when I arrived. More than 400 people were present, which spoke volumes about his impact. I always remember My Joe this time of year, along with all the other veterans. We owe them so much.



Jackie Lussion

Corporate Director of Sales
Sun Health Senior Living

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

Get Well Soon



How to recover smoothly from a hospital stay

By Alison Stanton

Late one night last summer, Tom Engelhardt fell in his apartment. “I hit my head against the counter and scraped my arm,” says Tom, 92.

“I was a bloody mess, and I couldn’t get off the floor, so I had to call 911. The medics recommended that I go to the emergency department (ED), so they took me there.”

While Tom was on his way to the ED, Barbara Mason, executive director for Sun Health at Home, received word that he was being taken to the hospital.

Barbara, who was on call that night, headed to the hospital to assist Tom during his stay.

After being examined, Tom was sent back for a CT scan. When he returned to the exam room, he was pleasantly surprised to find Barbara sitting there.

“She stayed with me and gave me moral support while they patched me up,” says Tom, who is a widower with no children.

Tom received staples in his head, and his arm was cleaned and bandaged. Around midnight, he was ready to go home, so Barbara gave him a lift.

Barbara says she was happy to be there for Tom and advocate for him during his stay in the ED.

“He kept saying ‘I can’t believe you are here — this program really does everything it says.’”

The following morning, Barbara checked up on Tom.

“He thought he was unable to take a shower,

but I reminded him that the doctor said it would be OK but to be careful when washing his hair,” Barbara says.

Linda Esparza, BSN, RN, a Wellness Coordinator for Sun Health at Home, also called Tom the day after his fall to be sure he had read through his post-discharge paperwork.

Understandably, she says, Tom was tired from his ordeal the previous night.

“We went over the instructions that were given by the ED to be sure Tom was doing everything he needed to do in a timely manner, especially as it related to care of his wound,” Linda says.

Tips for a successful recovery

As Linda notes, whether it’s a hospital stay, an observation stay, or an ED visit, there are actions people can take to ensure a successful recovery at home, and avoid returning to the hospital. Here is a brief list of recovery tips:

- As soon as you return home from the hospital, change your clothes and wash your hands to avoid spreading germs to your home. You may need some assistance, depending on your condition. Maintain good hand-washing hygiene during your recovery, especially if you have a wound or are at risk of infection.
- Read your discharge instructions thoroughly and share with your family members, noting



“Having someone at your side and advocating for you is so important in health care. Nothing can replace that.”

signs and symptoms that everyone should watch for. If you have any questions about the instructions, call the hospital or ED and seek clarification.

- Pay specific attention to medication instructions. Are you supposed to discontinue any medications, either on a short-term or ongoing basis? Were any new medications prescribed? If so, get them filled as soon as possible.
- Make recommended follow-up appointments right away. Be sure to tell the office that you were recently hospitalized when you call for an appointment. Physician follow-up is very important after any hospital visit so the doctor can monitor you.
- Stay hydrated and monitor whether your bowel and bladder movements are regular. Dehydration or constipation from pain medications are common post-hospital issues and need to be addressed promptly.
- If you experience any new symptoms such as redness or discharge from a wound, fever, dizziness, nausea or vomiting, report them to your primary care physician immediately.

It helps to have support

Family members or friends who are willing to lend a hand can help patients recover sooner and more smoothly.

The support of Sun Health at Home team members helped Tom get back on his feet.

“Having someone at your side and advocating for you is so important in health care,” Barbara says. “Nothing can replace that.”

Want to learn more about Sun Health at Home?

Join us for a no-obligation Discovery Seminar at the Sun Health Center for Health & Wellbeing, 14719 W. Grand Ave., Surprise, Arizona.

- Monday, November 5 at 3 p.m.
- Tuesday, November 13 at 2 p.m.
- Thursday, November 29 at 2 p.m.

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



Philanthropy Runs in the Family

(L) Howard and David Monheit

Father and son build a legacy of care

By Erin Thorburn

David Monheit, CPA, PFS, knew at a young age he would either be a baseball player or a CPA, according to a scrapbook his mother Carole Monheit kept.

It appears the latter ruled, and his passion for financial planning beat out baseball. Like his father, Howard Monheit, David built a successful career in financial services and leveraged that success for the good.

Foresight is clearly in the family genes. When Howard hung his first shingle in Sun City, he worked hard to assure clients that the firm

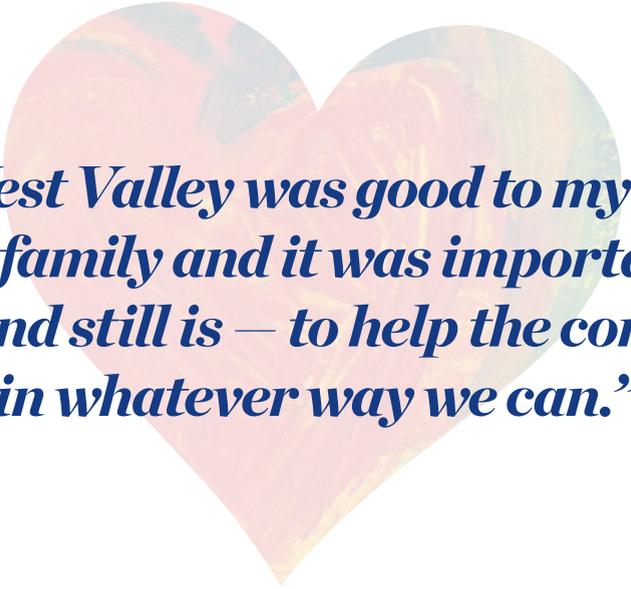
was putting down roots in the community. Although the family business has evolved throughout the years, it continues to maintain a solid presence in its current Surprise location.

“Ownership of the building in which our business operates shows stability; that we are here for the long term and that we care about our clients and the greater community,” Howard says.

Today, the Monheits’ passion for volunteering coupled with their financial acumen has paid dividends not only for their

multigenerational community-based business but for the many Sun Cities-based charitable organizations they have supported. In addition to Sun Health, the Monheit Frisch firm also supports Benevilla, a West Valley human services agency.

David, who graduated from the University of Arizona and obtained his CPA certificate within two years, was first hired by Price Waterhouse Phoenix. In the late 1990s, he became a partner in the CPA firm Monheit & Zongolowicz CPAs PLC.



“The West Valley was good to my parents and our family and it was important to all of us — and still is — to help the community in whatever way we can.”

In addition to establishing a strong presence within the Sun City wealth management and accounting sector, the family showed a strong commitment to volunteerism. Howard has been chairman of the Sun Health Foundation board on two occasions and served as treasurer and vice chair of the Investment Committee; served on the Board of Development Committee; has been a member at large of the Executive Committee; and later earned a special designation as a Sun Health Foundation Fellow.

“Sun Health does such a great service for the community,” Howard says, “an unbelievable service for this community, and not just for the hospitals but for many other health services benefiting the community.”

Carole also was involved, serving as a member of the Foundation’s Anniversary Ball Committee. So, with his parent’s involvement it wasn’t surprising when David began volunteering in the mid-1990s.

“When my dad was president of the Sun Health Foundation board, I volunteered as a board member, remaining active through 2008,” David says. After a break, David resumed involvement with the foundation in 2016 as a board member and eventually treasurer, a position he currently retains.

“My father not only has a strong work ethic, but he also loves what he does,” David says. “Retirement for Howard is not in the dictionary. He still works full time. That mentality rubbed off on me. And, as long-time professional in the Sun Cities, I continue to be motivated to give back to the community.”

“The community has supported us for almost 50 years,” Howard adds, “and we want to give back to the community to thank them for their support.”

In addition to his second-generation community involvement and Sun Health Foundation service, David and his wife Melissa are passing the family’s predisposition for philanthropy and volunteerism on to their three children.

“My two daughters participate in the National Charity League, and my son participates in the Boys Team Charity in addition to serving at local food banks,” David says.

Is it possible there could be a third generation of Monheits who become involved in the wealth management sector while continuing the family tradition of service to Sun Health Foundation?

David hints at that possibility with his son. “I watched my parents donate their time and resources, which ingrained the same philosophy into me,” he says. “The West Valley was good to my parents and our family and it was important to all of us — and still is — to help the community in whatever way we can.”

For now, David hopes that his knowledge and experience will continue to help Sun Health Foundation and its board meet and exceed the health care needs of the local communities.

“Sun Health is only a few years older than our founding firm,” David says. “The exhibition of tenure and success from both generations proves that ethics, purpose and intellectual vigor result in positive outcomes. I’m confident that Sun Health has the same vision as Monheit Frisch Group in delivering high-quality results to the community for many years to come.”



Reach Your Sun Health Foundation Development Staff

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Hope for the Journey

Memory Care Navigators help clients and families cope with dementia

By Susie Steckner and Ken Reinstein

When Alan Hughes was diagnosed with vascular dementia four years ago, he and his wife Judi felt unprepared for the road ahead.

“We didn’t know to what extent our lives were going to change. We were depressed and confused,” Judi says.

Alan was an accomplished computer engineer: analytical, precise and used to solving problems. But the dementia slowly robbed him of those skills. He grew increasingly forgetful and confused, which eventually forced him to retire from work.

As is the case with many families, the dementia turned the couple’s life upside

down. They struggled to understand the disease and make sense of the changing roles in their marriage and daily lives.

Judi felt frustrated and angry at times. “I had a hard time accepting my husband’s changes. He was not the man he used to be,” Judi says. “I was floundering.”

Through a support group, the couple learned about Sun Health’s Memory Care Navigator Program, designed to help clients, family members and caregivers navigate the emotional, psychological and physical effects of Alzheimer’s disease and related dementias. Judi scheduled an appointment with

navigator Cheryl Ortega who visited the couple in their Surprise home.

“I was so surprised at the way Cheryl sat and talked to both of us. By the time she left, I was like ‘Oh my gosh, this is fantastic,’” Judi said. Cheryl proved to be a valuable source of information and presented Judi and Alan with options. She worked with them to develop an action plan that brought more order to their lives. For example, they plan each day and write it down, which especially helps Alan keep track of what’s going on and when.

Upon Cheryl’s recommendation, Judi signed Alan up to attend a day program for people with dementia and enrolled



“I feel like I’ve got someone covering my back.”

Sun Health’s Memory Care Navigator program is provided at no cost through the generous support of Sun Health Foundation donors. To learn more about the program, call 623-832-9300 or, go to sunhealthwellbeing.org/memory-care

him in a dementia research program at the Banner Sun Health Research Institute in Sun City. Alan served in the U.S. Air Force for 20 years, so Cheryl encouraged Judi to explore how the VA could be of help, which she did.

Judi also learned how to communicate more effectively with Alan. “With Alan’s type of dementia, he dislikes any confrontation, so I’ve learned to be calm and to let things go,” Judi says. “He understands me, and I understand him and what he’s experiencing. It’s more relaxed now, which is good,” Judi says.

Although the home visits have ended, Judi still talks to Cheryl at least once a month and knows she can call on her for advice and a sympathetic ear. “I feel like I’ve got somebody covering my back,” Judi says.

Judi and Alan don’t know what the future will bring. But with their action plan in place, they feel ready for whatever may come their way.

“As things change, I know that I have an excellent resource in the navigation program and Cheryl,” she said.

“Instead of floundering, I feel like we’re flying.”

HOLIDAY HINTS FOR CAREGIVERS

The holiday season can be as joyous time for families. But for those coping with Alzheimer’s disease and related dementias, this time of year can be tinged with sadness, stress and frustration.

Holiday activities may confuse or overstimulate a person with dementia. Family members may struggle to find a happy medium between celebrating and not upsetting their loved one.

The following tips can help you find a balance between peace on earth (and at home) and holiday merriment.

- Make “Less is More” your mantra for the holidays. Allow yourself to say “no thank you” to some invitations.
- Be flexible. If past holiday traditions are no longer practical, create some new ones.
- Consider putting up fewer and simpler decorations.
- Brief guests or visitors who may not have seen your loved one in a while about their condition. Suggest ways to communicate.
- Celebrate with a smaller number of people.
- Celebrate for a shorter amount of time. Wind things down if your loved one shows signs of fatigue or agitation.
- Maintain your loved one’s daily routine as much as possible.
- Recognize what you as a caregiver can realistically manage.



Marty Finley is a Memory Care Navigator for Sun Health.

Classes & Events

Registration Opens October 11

BRAIN HEALTH

Normal Aging vs Dementia

Thursday, Nov. 8; 9 to 10:30 a.m.

We all notice changes in our memory as we age. Join Sun Health's Marty Finley, MEd, to learn the difference between what is normal aging and what may be cause for concern.

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

CANCER CARE

Healthy Meal Prep for Cancer

Friday, Nov. 2; 10 to 11 a.m.

Chef Debra of Cancer Support Community of Arizona will show how to create healthy vegetables for Thanksgiving.

Location: The Colonnade

DIABETES CARE

Annual Diabetes Self-Management Education

Monday, Nov. 12; 2 to 4 p.m.

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

Fee covered by most insurance plans.

Location: Banner Boswell/Juniper Conf. Room

Diabetes Connection Support Group

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

This monthly group is for individuals who have diabetes or prediabetes. Guest speaker Liz Caray from Abbott Labs will address technology advancements in blood glucose monitoring. **Registration is not required.**

Location: Center for Health & Wellbeing

Diabetes Self-Management Training

This 10-hour accredited course provides guidance to help prevent diabetic complications and improve overall health. 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 - Nov. 20 & 27; Dec. 4, 11 & 18

9:30 to 11:30 a.m.; Banner Del E. Webb/Volunteer Activity Room

2:30 to 4:30 p.m.; Banner Boswell/Chapman Conf. Room

Baby Your Beta Cells

Beta cells are unique cells in the pancreas that produce, store and release the hormone insulin, which is responsible for regulating blood sugar. Join Rhonda Zonoozi to learn which interventions can increase insulin sensitivity and preserve beta-cell function in prediabetes and early type 2 diabetes.

Tuesday, Nov. 27; 10 to 11:30 a.m.

Location: La Loma Village MPR

Friday, Nov. 30; 1:30 to 3 p.m.

Location: Center for Health & Wellbeing

HEALTH & WELLBEING

Leg and Foot Health

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

Dr. Jeffrey Braxton, MD, FACS, and Dr. Ronaldo Holgado, DPM, FACFAS, will focus on healthy tips to keep your legs' veins and arteries healthy as well as information on how to keep moving without foot pain.

Location: The Colonnade

Transformative Kindness

Tuesday, Nov. 13; 9:30 to 11 a.m.

Kindness is a spiritually restorative force that has the power to transform and sustain givers and recipients. Practicing kindness is an important component of cultivating resiliency. Join Rabbi Jesse Charyn for an engaging and spiritually uplifting class.

Location: Sun City West Foundation

The Benefits of Giving Back

Tuesday, Nov. 20; 10 to 11:30 a.m.

Claudia Vazquez, development director of Sun Health Foundation, and David Monheit, CPA, PFS, will discuss the benefits of giving back and empowering communities and the tax benefits of philanthropy.

Location: La Loma Village MPR

Make Your Wishes Known: Advance Directives Workshop

Monday; Nov. 26; 1:30 to 3:30 p.m.

Join Paul Fredericks, MA-Min, and attorney Daniel Esparza to review the AZ Advance Directive forms and get assistance to make your end-of-life wishes known. Bring your family member/loved ones.

Location: Faith Presbyterian Church

📍 Meditation: A Path to Wellness

Thursday, Nov. 29; 2 to 3:30 p.m.

Join Sally Charalambous to learn the physical, psychological and spiritual aspects of meditation and mindfulness and experience the benefits of diaphragmatic breathing, progressive muscle relaxation and guided meditation. **Note: Registration for this class requires 10 class credits (\$10).**

Location: The Colonnade

HEART HEALTH

Managing Atrial Fibrillation

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

Friday, Nov. 9; 2 to 3:30 p.m.

Location: La Loma Village H&R

Monday, Nov. 19; 2 to 3:30 p.m.

Location: Grandview Terrace H&R



Need a Ride?

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

Registration Required

SPACE IS LIMITED, SO REGISTER EARLY

📺 Register Online

Beginning at 6 a.m. October 11
sunhealthcommunityeducation.org

📞 Register By Phone

Beginning at 8 a.m. October 11
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.

KIDNEY HEALTH

Lifestyle Interventions to Prevent & Manage Chronic Kidney Disease (CKD)

Tuesday, Nov. 6; 1:30 to 3 p.m.

Our kidneys perform vital functions to keep us alive. Chronic kidney disease means your kidneys are damaged and can't filter blood the way they should. Join Sun Health's Tracy Garrett & Rhonda Zonoozi to learn how to keep your kidneys healthy and protect them from more CKD damage.
Location: Center for Health & Wellbeing

Chronic Kidney Disease

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

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

Location: PORA

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, Nov. 7 & 21; 3 to 4 p.m.

Location: Grandview Terrace H&R

Thursday, Nov. 8; 10 to 11 a.m.

Location: Iora Primary Care



Healthy U

November 2018

Memory Boxes & Books

Wednesday, Nov. 14; 1:30 to 3 p.m.

Sharing a memory box or memory book with your loved one who has memory issues can provide great pleasure and value to you both. Join Cheryl Ortega, a Sun Health Memory Care Navigator, as she explains what they are and why they help as she shares an example of a customized memory book and memory box.

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

NUTRITION

Spice Up Your Life

Join Registered Dietitian Nutritionist Tracy Garrett as she discusses a handful of the spices that have been shown scientifically to provide therapeutic health benefits, including ginger, clove, cinnamon, saffron, turmeric, garlic and cumin.

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

Location: Grace Bible Church

Wednesday, Nov. 28; 2 to 3:30 p.m.

Location: Grandview Terrace H&R

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 CY26: Nov. 21 & 28; Dec. 5, 12 & 19; Jan. 9, 16 & 23, 2019

Beginning chair yoga.

Chair Yoga Plus

Wednesdays - 9:30 to 10:30 a.m.; Series CYP6: Nov. 21 & 28; Dec. 5, 12 & 19; Jan. 9, 16 & 23, 2019

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

Tai Chi

Wednesdays - 11 a.m. to noon.; Series TC26: Nov. 21 & 28; Dec. 5, 12 & 19; Jan. 9, 16 & 23, 2019

Beginning Tai Chi modified for seniors.

Strength Training for Health

Fridays - 11 a.m. to noon; Series ST26: Nov. 30; Dec. 7, 14, 21 & 28; Jan. 4, 11 & 18, 2019

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

SAFETY

AARP Smart Driver Course

Thursday, Nov. 1; 8:30 a.m. to 12:30 p.m.

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

Location: Iora Primary Care

Location Key:

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

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

Banner Del E. Webb/Volunteer Activity Room
14502 W. Meeker Blvd, Sun City West

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

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 Avenue, Sun City

Grandview Terrace H&R
Grandview Terrace Health and Rehabilitation Center, Bldg. A, 14505 W. Granite Valley Dr., Sun City West

Iora Primary Care
13940 W. Meeker Blvd. Ste 101, Sun City West

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

La Loma Village MPR
La Loma Village Multi-Purpose Room, 2nd Floor, 14154 Denny Blvd., Litchfield Park

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

SCW Foundation
14465 RH Johnson Blvd., Sun City West

The Colonnade
19116 N. Colonnade Way, Surprise, AZ

Healthy U November Classes & Events At-A-Glance

MON	TUE	WED	THU	FRI
<p> Register Online Beginning at 6 a.m. on October 11 sunhealthcommunityeducation.org</p>	<p> Register by Phone Beginning at 8 a.m. on October 11 623-207-1703</p>		<p>1</p> <ul style="list-style-type: none"> AARP Smart Driver; 8:30 a.m. to 12:30 p.m. 	<p>2</p> <ul style="list-style-type: none"> Healthy Meal Prep; 10 to 11 a.m.
<p>5</p> <p>Note: Mon. exercise class continues from prior month. Next series begins on Jan. 7, 2019</p>	<p>6</p> <ul style="list-style-type: none"> Lifestyle Interventions - Chronic Kidney Disease; 1:30 to 3 p.m. 	<p>7</p> <ul style="list-style-type: none"> Dementia Caregiver Support Group; 3 to 4 p.m. 	<p>8</p> <ul style="list-style-type: none"> Normal Aging vs Dementia; 9 to 10:30 a.m. Dementia Caregiver Support Group; 10 to 11 a.m. 	<p>9</p> <ul style="list-style-type: none"> Managing Atrial Fibrillation; 2 to 3:30 p.m.
<p>12</p> <ul style="list-style-type: none"> Leg & Foot Health; 2 to 3:30 p.m. Annual Diabetes Training; 2 to 4 p.m. 	<p>13</p> <ul style="list-style-type: none"> Transformative Kindness; 9:30 to 11 a.m. 	<p>14</p> <ul style="list-style-type: none"> Memory Boxes & Books; 1:30 to 3 p.m. 	<p>15</p> <ul style="list-style-type: none"> Chronic Kidney Disease; 9:30 to 11 a.m. 	<p>16</p>
<p>19</p> <ul style="list-style-type: none"> Managing Atrial Fibrillation; 2 to 3:30 p.m. Diabetes Support Group; 3 to 4 p.m. 	<p>20</p> <ul style="list-style-type: none"> Diabetes Self-Management Training; 9:30 to 11:30 a.m. (1 of 5) The Benefits of Giving Back; 10 to 11:30 a.m. Spice Up Your Life; 1:30 to 3 p.m. Diabetes Self-Management Training; 2:30 to 4:30 p.m. (1 of 5) 	<p>21</p> <ul style="list-style-type: none"> Chair Yoga (CY26); 8 to 9 a.m. Chair Yoga Plus (CYP6); 9:30 to 10:30 a.m. Tai Chi (TC26); 11 a.m. to noon Dementia Caregiver Support Group; 3 to 4 p.m. 	<p>22</p> <p>Thanksgiving Holiday Our Offices Closed</p>	<p>23</p> <p>Thanksgiving Holiday Our Offices Closed</p>
<p>26</p> <ul style="list-style-type: none"> Make Your Wishes Known; 1:30 to 3:30 p.m. 	<p>27</p> <ul style="list-style-type: none"> Diabetes Self-Management Training; 9:30 to 11:30 a.m. (2 of 5) Baby Your Beta Cells; 10 to 11:30 a.m. Diabetes Self-Management Training; 2:30 to 4:30 p.m. (2 of 5) 	<p>28</p> <ul style="list-style-type: none"> CY26, CYP6, TC26 Continue Spice Up Your Life; 2 to 3:30 p.m. 	<p>29</p> <ul style="list-style-type: none"> Meditation: A Path to Wellness; 2 to 3:30 p.m. 	<p>30</p> <ul style="list-style-type: none"> Strength Training (ST26); 11 a.m. to noon Baby Your Beta Cells; 1:30 to 3 p.m.



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Generosity for Generations

Banner Boswell Medical Center Emergency Department Campaign Kickoff

Save the Date!

Mark your calendars! Join Sun Health Foundation and Banner Boswell Medical Center for the community kickoff of the *Generosity for Generations* campaign in support of the hospital's Emergency Department transformation.

Tuesday, December 4, 2018

Lakeview United Methodist Church • 10928 W Thunderbird Blvd, Sun City

The 40,000-square-foot expansion will provide 33 percent more patient beds and faster, easier access for the community.



- » Hear from hospital/community leaders about the profound impact this will have
- » Witness the unveiling of plans that will transform how care is delivered
- » Learn more about the *Generosity for Generations* campaign
- » Journey through time to see how Banner Boswell's history connects to our future
- » Tour exhibits and displays
- » Enjoy refreshments and giveaways

Admission is free. Presentations are conducted between 9:30 a.m. and 4 p.m., and topics vary. Register for one or attend them all. To learn more about topics and times, and to RSVP, email Jamie.Rogers@sunhealth.org or call 623-832-5734.